Chapter 5

SUMMARY AND CONCLUSION
CHAPTER V
SUMMARY AND CONCLUSIONS

In the recent years there has been an increase in the prevalence of HIV infection globally including India. In India more than 85% of HIV transmissions are obtained through sexual mode of transmission.

The purpose for carrying out the present study was aimed to analyse clinico-epidemiologic profile of patients with various sexually transmitted diseases and study the prevalence of HIV in STD patients.

In the present study of 1870 patients with various sexually transmitted diseases, 1560 (83.42%) were males and 310 (16.58%) were females with male to female ratio of 5.03:1. Majority of the cases (75.61%) belonged to the young sexually active age group of 15-34 years. Twenty four patients (1.28%) belonged to the pediatric age group while 11 patients (0.59%) belonged to the elderly age group above 65 years of age all of them being males. The age of the patient ranged from as low as 1 year old female with congenital syphilis to as high as 76 year old male with genital herpes.

Education wise majority had completed high school education accounting for 34.97% of the cases. Gender wise illiteracy was three times more in females (40.64%) compared to (14.87%) in males.

Majority of the patients were labourers (18.45%) and service class (17.04%). The female patients were mainly housewives.

Majority of cases in males had history of exposure with commercial female sex workers accounting for (47.69%) of cases, 13% reported of having exposure with a
known person (i.e. either a girlfriend or neighbor), while 12.31% had exposure with strangers.

Bisexual exposure was found in 6.67%, while 4.74% were homosexual and they were unmarried. 8 cases (0.51%) were forcible case of abuse.

In female majority of them (42.26%) strongly denied any history of exposure outside marital exposure, while (27.74%) were those females whose spouse had history of high risk behavior with multiple partners along with past or present complaint of STDs. Some 17.1% gave history of exposure with known person and 11.3% were commercial female sex workers who had exposure with their clients.

In the present study herpes progenitalis was the most common STD seen in 37.49% of cases followed by syphilis in (15.19%) of cases including one case of congenital syphilis, condyloma acuminata in (10.43%), mixed VDs (9.95%), gonorrhoea (9.79%), chancroid (7.91%), molluscum contagiosum (5.51%), nongonococcal urethritis (1.76%), balanoposthitis (1.34%), donovanosis (GI) (0.48%) and LGV (0.16%). The common site of involvement was genitals accounting for 89.79% of the cases.

Out of 1870 cases with various STDs 209 were HIV positive. The prevalence of HIV among STD patients were 11.17% in the present study with 8.66% in males and 2.51% in females.

Out of 209 HIV positive patients 162 (77.51%) were males and 47 (22.49%) were females. Male to female ratio were 3.45:1.

Most of the HIV positive patients (51.67%) were in the age group of 25-34 years. One male patient of 10 years was the youngest patient, a case of sexual abuse with perianal condyloma acuminata and molluscum contagiosa.
Out of 162 HIV positive males, 109 (67.28%) had exposure to CSWs. Out of 47 HIV positive female patients 22 (46.81%) were those females whose spouses had high risk behavior with present or past history of some STD and they were HIV positive.

Herpes Progenitalis was the commonest STD observed in 35.89% of cases, followed by Mixed VDs in 22%, syphilis (14.36%), condyloma acuminata (11%), molluscum contagiosum (7.66%), chancroid (4.78%), gonorrhoea (2.87%), balanoposthitis (0.96%) and nongonococcal urethritis (0.48%).

Sexually transmitted diseases including HIV has led to an increasing need to develop effective strategies to reduce the incidence of sexually transmitted infections in both developed and in developing countries.

Stress must be given to the subject of sexually transmitted diseases including HIV/AIDS. Sexual health has a profound influence over an individual’s physiological and psychological well being. There is an increasing need to develop effective strategies to reduce the incidence of sexually transmitted infections.