



**HONG KONG**  
Emergency Medicine Centre

# Gonorrhoea



## What is gonorrhoea?

Gonorrhoea is a sexually transmitted disease (STD). Gonorrhoea is caused by *Neisseria gonorrhoeae*, a bacterium that can grow and multiply easily in the warm, moist areas of the reproductive tract, including the cervix (opening to the womb), uterus (womb), and fallopian tubes (egg canals) in women, and in the urethra (urine canal) in women and men. The bacterium can also grow in the mouth, throat, eyes, and anus.



## How common is gonorrhoea?

Gonorrhoea is a very common infectious disease. CDC estimates that more than 700,000 persons in the U.S. get new gonorrhoeal infections each year. Less than half of these infections are reported to CDC. In 2009, 301,174 cases of gonorrhoea were reported to CDC.

## How do people get gonorrhoea?

Gonorrhoea is spread through contact with the penis, vagina, mouth, or anus. Ejaculation does not have to occur for gonorrhoea to be transmitted or acquired. Gonorrhoea can also be spread from mother to baby during delivery.

People who have had gonorrhoea and received treatment may get infected again if they have sexual contact with a person infected with gonorrhoea.

## Who is at risk for gonorrhoea?

Any sexually active person can be infected with gonorrhoea. In the United States, the highest reported rates of infection are among sexually active teenagers, young adults, and African Americans.

## What are the signs and symptoms of gonorrhoea?

Some men with gonorrhoea may have no symptoms at all. However, some men have signs or symptoms that appear one to fourteen days after infection. Symptoms and signs include a burning sensation when urinating, or a white, yellow, or green discharge from the penis. Sometimes men with gonorrhoea get painful or swollen testicles.

In women, the symptoms of gonorrhoea are often mild, but most women who are infected have no symptoms. Even when a woman has symptoms, they can be so non-specific as to be mistaken for a bladder or vaginal infection. The initial symptoms and signs in women include a painful or burning sensation when urinating, increased vaginal discharge, or vaginal bleeding between periods. Women with gonorrhoea are at risk of developing serious complications from the infection, regardless of the presence or severity of symptoms.

Symptoms of rectal infection in both men and women may include discharge, anal itching, soreness, bleeding, or painful bowel movements. Rectal infection also may cause no symptoms. Infections in the throat may cause a sore throat, but usually causes no symptoms.

## What are the complications of gonorrhoea?

Untreated gonorrhoea can cause serious and permanent health problems in both women and men.

In women, gonorrhoea is a common cause of pelvic inflammatory disease (PID). About 750,000 women each year in the United States develop PID. The symptoms may be quite mild or can be very severe and can include abdominal pain and fever. PID can lead to internal abscesses (pus-filled "pockets" that are hard to cure) and long-lasting, chronic pelvic pain. PID can damage the fallopian tubes enough to cause infertility or increase the risk of ectopic pregnancy. Ectopic pregnancy is a life-threatening condition in which a fertilized egg grows outside the uterus, usually in a fallopian tube.

In men, gonorrhoea can cause epididymitis, a painful condition of the ducts attached to the testicles that may lead to infertility if left untreated.

Gonorrhoea can spread to the blood or joints. This condition can be life threatening. In addition, people with gonorrhoea can more easily contract HIV, the virus that causes AIDS. HIV-infected people with gonorrhoea can transmit HIV more easily to someone else than if they did not have gonorrhoea.

## How does gonorrhoea affect a pregnant woman and her baby?

If a pregnant woman has gonorrhoea, she may give the infection to her baby as the baby passes through the birth canal during delivery. This can cause blindness, joint infection, or a life-threatening blood infection in the baby. Treatment of gonorrhoea as soon as it is detected in pregnant women will reduce the risk of these complications. Pregnant women should consult a health care provider for appropriate examination, testing, and treatment, as necessary.

## How is gonorrhoea diagnosed?

Several laboratory tests are available to diagnose gonorrhoea. A doctor or nurse can obtain a sample for testing from the parts of the body likely to be infected (cervix, urethra, rectum, or throat) and send the sample to a laboratory for analysis. Gonorrhoea that is present in the cervix or urethra can be diagnosed in a laboratory by testing a urine sample. A quick laboratory test for gonorrhoea in men with symptoms that can be done in some clinics or doctor's offices is a Gram stain. A Gram stain of a sample from a urethra allows the doctor to see the gonorrhoea bacterium under a microscope.

## What is the treatment for gonorrhoea?

Antibiotics can successfully cure gonorrhoea in adolescents and adults. However, drug-resistant strains of gonorrhoea are increasing in many areas of the world, including the United States, and successful treatment of gonorrhoea is becoming more difficult. CDC now recommends dual therapy (i.e. using two drugs) for the treatment of gonorrhoea. Persons with gonorrhoea should be tested for other STDs.

It is important to take all of the medication prescribed to cure gonorrhoea. Although medication will stop the infection, it will not repair any permanent damage done by the disease. People who have had gonorrhoea and have been treated can get the disease again if they have sexual contact with persons infected with gonorrhoea. If a person's symptoms continue even after receiving treatment, he or she should return to a doctor to be reevaluated.

## How can gonorrhoea be prevented?

The surest way to avoid transmission of STDs is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.

Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhoea.

Any genital symptoms such as discharge or burning during urination or unusual sore or rash should be a signal to stop having sex and to see a doctor immediately. If a person has been diagnosed and treated for gonorrhoea, he or she should notify all recent sex partners so they can see a health care provider and be treated. This will reduce the risk that the sex partners will develop serious complications from gonorrhoea and will also reduce the person's risk of becoming re-infected. The person and all of his or her sex partners must avoid sex until they have completed their treatment for gonorrhoea and until they and their sex partners no longer have symptoms.

## ■ FOR MORE INFORMATION:

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*"The highest reported rates of infection are among sexually active teenagers, young adults, and African Americans."*

