



## Clinical Presentation and Biochemical Abnormalities of Brucellosis

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### DESCRIPTION

Brucellosis is a disease caused by a group of bacteria of the genus *Brucella*. These bacteria can infect both humans and animals. Brucellosis is commonly acquired by eating contaminated foods such as raw meat and unpasteurized milk. Bacteria can also be spread through the air or through contact with open wounds. According to authoritative sources from the Centers for Disease Control and Prevention (CDC), up to 140 cases of brucellosis are reported each year in the United States. People who work with animals or raw meat (such as butchers) are most at risk of brucellosis [1-3].

Brucellosis is rare in the United States but can be serious. It can usually be treated with antibiotics. However, some people continue to get into this condition for years, so the medicine doesn't necessarily banish them forever. Do not eat the product. Also, protective clothing should be worn when working with animals or animal tissues.

Brucellosis remains an important zoonotic disease worldwide. Although many countries have eradicated *Brucella abortus* in cattle, in some areas *Brucella melitensis* has been identified as a source of infection for this species and in sheep and goats. Despite vaccination campaigns with Rev 1 strains, *B. melitensis* remains a major cause of human brucellosis. *Brucella suis* has also emerged as an infectious agent in cattle, increasing its ability to infect humans. The recent isolation of a distinctive strain of *Brucella* from marine mammals has expanded its range. Molecular genetic studies show phylogenetic relationships with *Agrobacterium*, *Phylobacterium*, *Ochrobactrum*, and *Rhizobium*. The development of the polymerase chain reaction and gene probes offer more efficient typing methods [4].

Symptoms of brucellosis appear within days to months after infection. Signs and symptoms are similar to flu symptoms and include:

- Fever
- Chills
- Loss of appetite
- Sweats

- Weakness
- Fatigue
- Joint, muscle and back pain
- Headache

Symptoms of brucellosis may disappear for weeks or months and then return. Some people have chronic brucellosis and struggle with symptoms for years after treatment. Long-term signs and symptoms include:

- Fatigue
- Recurrent fevers
- Inflammation of the inner lining of the heart chambers (endocarditis)
- Joint inflammation (arthritis)
- Arthritis of the spinal bones (spondylitis)
- Arthritis of joints where the spine and pelvis connect (sacroiliitis)

Brucellosis occurs worldwide and is a modifiable disease in most countries. It affects people of all ages and both genders. In the general population, it is most often caused by consumption of dairy products such as raw milk or cream cheese. Most of these cases are derived from sheep and goat products. The disease is also considered an occupational hazard for people working in the livestock industry. People who work with animals and come into contact with blood, placenta, foetuses, or uterine secretions are at increased risk of contracting the disease. This transmission route primarily affects farmers, butchers, hunters, veterinarians, and laboratory staff. *Brucella melitensis* is the most common species causing brucellosis worldwide, partly because it is difficult to immunize free-range goats and sheep. Human-to-human transmission is extremely rare [5].

Prevention of brucellosis is based on monitoring and avoidance of risk factors. The most effective prevention strategy is to eliminate animal infection. Vaccination of cattle, goats and sheep is recommended in endemic areas with high prevalence. Serological or other testing and screening are also effective in areas with low prevalence. In countries where animal eradication through vaccination or exclusion of infected animals is not possible, prevention of human infection is based primarily on

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sensitization, food safety measures, industrial hygiene and laboratory safety [6].

Pasteurization of milk for direct consumption and production of derivatives such as cheese are important steps to prevent animal-to-human transmission. Educational campaigns to avoid unpasteurized dairy products are as effective as policies about how they are marketed. In farming and meat processing, protective barriers and proper handling and disposal of animal carcasses and viscera after birth are important preventive strategies. Brucellosis usually causes flu-like symptoms, including fever, weakness, malaise, and weight loss. However, the disease can occur in many atypical forms. In many patients, the symptoms are so mild that the diagnosis cannot be considered. The incubation period of the disease varies from 1 week to 2 months, but usually he is 2 to 4 weeks.

## CONCLUSION

Treatment options included doxycycline 100 mg twice daily for 45 days and streptomycin 1 g daily for 15 days. The main alternative therapy is doxycycline 100 mg twice daily for 45 days and rifampicin 15 mg/kg/day (600-900 mg) for 45 days. Experience suggests that gentamicin 5 mg/kg/day given for 7 to 10 days can replace streptomycin, but there are currently no studies directly comparing the two regimens. The optimal treatment for pregnant women, newborns, and their children under the age of 8 has not yet been determined. For children, options include trimethoprim/sulfamethoxazole (cotrimoxazole)

in combination with aminoglycosides (streptomycin, gentamicin) or rifampicin.

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