



Intestinal Parasite Disorders Associated with Bleeding inside the Gut, Diagnosis and Preventive Measures

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DESCRIPTION

Intestinal worms, often known as parasitic worms, are one of the most prevalent forms of intestinal parasites in humans. In the United States and other affluent nations, several parasites are endemic. Examples include the enteric parasites *Giardia intestinalis* and *Cryptosporidium* species, *Trichomonas vaginalis*, *Toxoplasma gondii*, and *Enterobius vermicularis*.

Following organisms causes infections:

- protozoa
- helminths
- ectoparasites

Single-celled organisms called protozoa have the ability to thrive and reproduce inside the body. Giardiasis is one of the infections caused by protozoa.

Multicellular organisms called helminths can live within or outside of the body. They consist of roundworms, tapeworms, flatworms, and thorny-headed worms.

Multicellular creatures known as ecto-parasites live on skin. They include some arachnids and insects like mites, fleas, ticks, and mosquitoes.

Through the mouth, parasites can enter the intestines through uncooked or unwashed food, contaminated water or hands, skin contact with dirt contaminated with larvae, and in some cases, anilingus sexual activity. The organisms enter the intestines after being ingested, where they can proliferate and induce symptoms. If children are not completely washed after coming in contact with contaminated soil, they are especially vulnerable.

COMMON SYMPTOMS OF INTESTINAL WORMS

- abdominal pain or tenderness,
- Joint and muscular pain and low blood sugar.

- diarrhoea, nausea, or vomiting
- gas and bloating
- fatigue
- Memory issues
- Mental conditions like anxiety or despair;
- Newly developing allergies
- Skin conditions like eczema, psoriasis, rashes, or itching

HOW ARE PARASITIC ILLNESSES RECOGNISED AND TREATED?

- Serological and blood smear tests are the two types of blood tests. A blood test can be used to identify parasitic infestation. A blood test aids in identifying the particular parasite type that has infected. When the body is infected, the serological test aids in searching for particular antibodies or antigens. To combat the specific parasite, the immune system creates unique antibodies.
- Blood smears are used to detect the presence of parasites such as those that cause babesiosis, filariasis, and malaria. Blood is smeared on a slide for the test, which is then stained with certain dyes and examined under a microscope.
- Radiology techniques like X-rays, MRIs or Computerised Axial Tomography (CAT)
- A stool test: The parasite that causes diarrhoea, cramps, loose or watery stools, gas, and other abdominal disorders is found through a faecal examination. The collected stool sample will be examined for the presence of infective parasites or parasitic eggs.
- A colonoscopy or endoscopy: When the faecal exam yields a negative result, an endoscopy or colonoscopy is used. To determine the cause of the diarrhoea and other digestive issues, an endoscopy is done. For an endoscopy or colonoscopy, a tube is put into the mouth or rectum to view the gut. This aids in identifying any intestinal anomalies or parasite infections.

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PREVENTIVE MEASURES

Maintaining good hygiene is essential to prevent reinfection. Wash hands after gardening, before eating, and after drinking. Always wash produce before eating. Maintain a distance from someone who has an intestinal infection. Avoid fresh salads, peeled fruit, unpasteurized milk, or milk products.

Avoid eating undercooked or raw food, especially meat or shellfish. Provision of purified water. Use a condom during sex. Regularly eat immune-supporting, naturally anti-parasitic foods. Stay away from animal waste. Use anti-parasitic medications. Eat less of the foods that serve as a nutrition source for parasites to maintain a healthy immune system. Take preventative measures to support the gut and anti-parasitic.