

Giardiasis- Infection

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Giardiasis is an infection caused by a parasite called Giardia lamblia. It infects small intestine and spreads through the contact with infected individual, by eating contaminated food or drinking contaminated water. Pets like dogs and cats also frequently contract giardia.

Giardiasis is found all over the world, according to the CDC (Centers for Disease Control and Prevention). Nonetheless, it is more common in overcrowded countries that lack water quality and sanitary conditions control.

Giardia lamblia is found in human and animal faeces. These parasites also thrive in contaminated water, food, and soil, and able to survive outside the host for extended period of time. Consuming of these parasites can lead to an infection.

The maximum common way to get giardiasis is drinking water which contains Giardia lamblia. Contaminated water can be in any bodies of water like lakes, swimming pools, spas. The other sources of the contamination include diapers, agricultural runoff, and animal feces.

Contracting giardiasis with food is very less because heat kills the parasites. Poor hygiene when handling food or eating produce rinsed in contaminated water can allow the parasite to spread.

Giardiasis also spreads through personal contact. For example, unguarded anal sex can pass the infection from one person to another.

The individual have to submit one or more stool samples for testing. A technician will check stool sample for parasites. Doctor may also perform enteroscopy. This diagnosis procedure involves running a flexible tube down to throat and also into small intestine to take a sample of tissue.

In most of the cases, giardiasis eventually disappears on its own. Doctor might prescribe medication if infection is severe or prolonged. Most doctors will recommend treatment with antiparasitic drugs. Certain antibiotics are commonly used to treat infection giardiasis.

Giardiasis leads to complications such as dehydration from diarrhoea and weight loss. The infection also causes lactose intolerance in few people. Children under 5 years old who are infected with giardiasis are at risk of malnutrition, which can inhibit their physical and mental development. Generally, giardiasis infections lasts about six to eight weeks, but complications are like lactose intolerance may persist after the infection clears up.

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