

Infectious Mononucleosis-History and Infection Cause

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Infectious mononucleosis (IM, mono), is an infection caused by a virus Epstein-Barr virus (EBV). It is also known as glandular fever and also called as human herpesvirus. Mononucleosis was first described in 1920s and colloquially known as "The Kissing Disease". The word mononucleosis has many senses. It also refer to any monocytosis (excessive numbers of monocytes), but now-a-days it is used as infectious mononucleosis, which is caused by EBV and of which monocytosis is finding. The term "infectious mononucleosis" was first coined by Thomas Peck Sprunt and Frank Alexander Evans in 1920. In 1964, Epstein-Barr virus was identified in Burkitt's lymphoma cells by Michael Anthony Epstein and Yvonne Barr first at the University of Bristol.

Most of the people are infected by the virus are children, when the disease produces few or no symptoms. In young adults, the disease results in fever, sore throat, enlarged lymph nodes, and tiredness. Most of the people recover within four weeks; however, the feeling of tired may last for months. Liver or spleen may also become swollen, and in few of cases spleen may rupture.

Few other viruses also cause the disease. Primarily it spreads through saliva but rarely spread through blood or semen. Spread of disease may occur by objects like toothbrushes, drinking glasses or through a cough or a

sneeze. Those who are infected can spread the disease weeks before symptoms develop. Mono is primarily diagnosed based on the symptoms and then confirmed by blood tests for specific antibodies. Another typical finding is increased blood lymphocytes of which more than 10% are atypical. The monospot test is not recommended for less accuracy.

Vaccine is not yet developed for EBV, but the infection can be prevented by not sharing the individual personal items or infected person saliva. Mono generally improves without any specific treatment. Symptoms reduce by drinking enough fluids, sufficient rest, and taking pain killers like ibuprofen and paracetamol (acetaminophen).

Mono commonly affects individuals between the 15 to 24 years in the developed countries. In the developing world, people are more often infected in early childhood when there are fewer symptoms. In those between 16 and 20 it is the cause of about 8% of sore throats. About 95% of people have had an EBV infection by the time they are adults. The disease occurs equally at all times of the year. Once the symptoms of infection disappear, they do not return. But once infected, the individual carries the virus for the rest of the life.

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