

Parasitic Infection and Prevention

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Abstract: The parasite is one of the medical knowledge we learn, we will come into contact with a lot of parasites in their daily lives, if there are parasites after some ways into our body, the great probability can cause human body with parasitic diseases, and parasitic disease caused by parasites enter the body disease, a strong impact on human health. This article mainly discusses the harm and symptoms of parasitic infections in daily life, how to diagnose, prevent and cure them.

Most parasites are infected by mouth, and after entering the human body, most of them cause gastrointestinal inflammation and other complications, but serious will cause infection of other organs, such as the well-known roundworm, the general symptom is stomach pain, but once infected by the larva of roundworm, it will cause pneumonia[1]. In my limited knowledge, I have never heard of a parasite that has to settle in the body of most normal healthy people for a long time, except that the surface of the body or skin is easily exposed to some parasites. At present, the main parasitic diseases in China are foodborne parasitic diseases and imported parasitic diseases[2].

1. Parasitic Infections and Parasitic Diseases

The parasites we talk about, especially the ones in medical parasitology books, are often the ones that cause the disease. Although having parasites in the body is not necessarily symptomatic, it is generally not considered medically healthy. Of course, people still deal with parasites like amoeba or Trichomonas[3]. Many poor developing countries and regions in the world, economically backward places, such as the countryside, poor sanitation conditions, may have a lot of people with parasites. But there are no obvious health benefits to the locals. Superficial parasites, such as mites, are indeed very common, and may be common to everyone, regardless of urban or rural areas or where they live. But it could also be an allergen[4]. To the best of my limited knowledge, there are also no obvious health benefits to having mites on your body.

Most parasitic diseases pass through the mouth (esophagus) infection, we often hear "disease through the mouth". Malaria, filariasis and kala-azar are transmitted by blood-sucking insects such as mosquitoes and sandflies. Amoebiasis (dysentery), flagellatosis and trichomoniasis are sexually transmitted infections. Schistosomiasis is a transcutaneous infection[5]. Hookworm infection is mainly through direct contact with the skin, but also through mucous membranes.

Another hot topic is why can't people with parasitic diseases work in the catering industry?

Because a lot of parasites in daily life is through the fecal-oral transmission (of course, there are spread through blood, skin, and other ways), if have the meal practitioners health did not do a parasitic disease, it is easy to spread from food to other people, and some parasitic disease incubation period is longer, nor particularly evident in the early years of the symptoms.

2. Harm and Symptoms of Parasitic Diseases

Normally, people infected with the parasite will experience symptoms such as stomach pain, malnutrition, tooth grinding, white spots and indigestion, which seriously affect daily life.

Symptoms of parasitosis are : (1) indigestion, thinness, memory loss, and delayed growth or development, possibly trichomoniasis or ascariasis. (two) sleep restlessness. Many dreams, always feel anal itching, may have pinworm disease. (3) when abdominal distension, diarrhea five times a day or so, accompanied by a foul smell, and dark red mucus or bloody stool, may be suffering from amoebiasis; Those who have a history of aquatic plants such as peplandra, diarrhea, or *P. peplis*, water chestnut, lotus root, etc., may have gingerosis. (4) blood deficit, blue face and white lips with yellow, dizziness, fatigue, may suffer from hookworm disease. (5) fever, average temperature will reach 39 °C or so and for a week or more, or intermittent chills, perhaps with the NveZi disease.

3. Diagnosis of Parasitic Diseases

For THE patient's health, the proposal or go to a big hospital to do a detailed examination, to be examined after the results come out and then symptomatic drugs, strive for an early recovery of health. As far as I know, most parasitic diseases, in addition to clinical manifestations, can also be collected by collecting the patient's body fluids, feces and other specimens for microscopic examination[6]. Microscopic examination is mainly by looking for the worm body and egg in the specimen to confirm the parasite infection. Because the morphology of parasites, eggs and human tissue cells are very different, so the general clinical examiner can be very accurate to identify and make a diagnosis.

In addition to microscopy, immunological methods are currently used in clinical testing. Immunological tests are performed by detecting antigens and antibodies produced by parasites in the human body. But immunological methods due to the influence of different factors, there is a chance of false positive or false negative. Even so, the accuracy rate is fairly reliable.

There are some special parasitic diseases, such as myiasis will form an inflammatory mass on the body surface, or tapeworm disease will be discharged from the anus, such as insect segments, can be identified by eye observation. Other auxiliary examination methods include imaging examination, egg aggregation test, miracidia hatching method, etc., with high accuracy.

In general, as long as a positive is reported in the laboratory, the accuracy rate is very high. Of course, a variety of factors, such as too few eggs in the specimen, may also lead to false negative results.

4. Prevention and Control of Parasitic Diseases

The main parasitic diseases in China are foodborne parasitic diseases and imported parasitic diseases. Therefore, the main measures to prevent parasitic infections are not to eat raw meat, fish, etc., do not drink unclean water, drink boiled water or water that meets the requirements, and wash hands frequently before meals and after going to the toilet to prevent "worms from entering the mouth" and say goodbye to parasites from the source. Its specific prevention way has the following points: 1. Insist on washing hands before meals after the toilet, pay attention to personal hygiene, do not suck fingers. 2. Pay attention to diet hygiene, do not drink raw water, do not eat raw or

undercooked meat, shrimp, fish, crab and other food. 3. When eating raw melons and fruits or vegetables, be sure to clean them to prevent "worms from entering the mouth". 4. Pay attention to personal protection and avoid touching water or soil with hookworm, schistosoma and other metacercariae on exposed limb skin. 5. Check and treat sick people and animals. 6. Do a good job of harmless management of feces and protect water sources. 7. Strengthen the management of farmers' markets, prohibit the sale of rice pork and beef, and prohibit the sale of meat from diseased animals. 8. Improve the environment, prevent and kill mosquitoes, sandflies and other insects that transmit parasitic diseases.

If a patient is diagnosed with a parasitic infection, one of the more effective measures is to take a specialized anthelmintic, such as smithkline. As a professional anthelmintic drug brand owned by Chinese and American SmithKline, Smithkline Qing has a history of more than 20 years in the Chinese market. Its rich clinical experience makes its curative effect widely praised. For ordinary patients, in order to effectively prevent and control parasitic infections, it is best to choose to regularly take Smithkline Qing, once every six months, two tablets each time. If someone in the family is infected with parasitic diseases, in order to avoid affecting the health of the whole family, it is best to take medication to deworming all family members to avoid cross-infection.

5. Conclusion

Parasitic disease may seem far away from us, in fact, we often come into contact with in our daily life, learning about the parasitic disease knowledge is beneficial to our prevention and control of parasitic diseases, in this paper mainly discusses the parasite infection, and the harm of parasitic diseases, parasitic diseases and symptoms, diagnosis, and prevention and control. It is hoped that this review can help people understand more knowledge of parasitic diseases and prevention and treatment methods, so that people can develop good living habits as much as possible, stay away from parasitic diseases, and have a healthy body and life.

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