Inflammatory Diseases of the Pelvis

**Definition:** It is an inflammatory disease of the pelvic cavity that may involve organs such as the uterus, fallopian tubes, and pelvic vascular system.

It is usually caused by bacteria, but viruses, fungi and parasites may also be involved.

Pelvic infections are more common due to sexual contact, but may be caused by invasive surgical procedures such as abortion or hysteroscopy (intrauterine examination with a camera).

**Underlying factors:**
- Early sexual intercourse
- Too much intercourse
- Not using condoms
- Sexual intercourse with sexual partners infected with sexually transmitted diseases
- Having a history of pelvic infections in the past
- Addiction
- Low level of health

**Clinical symptoms**

Symptoms of a pelvic infection are usually abnormal vaginal secretions and pain during intercourse. Other symptoms include lower abdominal pain in the pelvis and tenderness, especially after menstrual bleeding, and usually worsen when urinating and defecating. Other symptoms of an infection include fever, general malaise, anorexia, headache, nausea and vomiting.

**Possible side effects**
- Infertility - due to damage to the fallopian tubes during the course of the disease
- Increased risk of ectopic pregnancy
- Chronic pelvic pain - occurs in one-fifth of cases and often involves pain during sexual intercourse.
- The risk of pregnancy complications such as miscarriage, preterm delivery and intrauterine fetal death is high in pregnant women with the disease.
- Pelvic abscesses - may occur in severe cases.

Note: Early treatment (during the first 2 to 3 days of the disease) significantly reduces the risk of these complications.

**Therapeutic measures**

Treatment includes strong antibiotics. The patient's spouse should also be treated to prevent transmission of the infection.

**Prevention**

The most effective way to prevent pelvic inflammatory disease is to prevent sexually transmitted diseases. Women at high risk for pelvic inflammatory disease should have regular checkups, but it is also important to make sure the patient's partner is tested and treated for a sexually transmitted
disease. This will help prevent recurrence of pelvic inflammatory disease and sexually transmitted diseases.

Training of the patient

- During the illness, it is better for the patient to rest in bed.
- If a woman is not sure about the health of her sexual partner, using a condom can prevent infection and its subsequent complications.
- It is necessary to maintain genital hygiene and wear cotton underwear.
- Symptoms of a recurrence of the infection include abdominal pain, nausea and vomiting, fever, fatigue and weakness, purulent and foul-smelling vaginal secretions.
- All patients with this problem should be monitored for signs and symptoms of ectopic pregnancy.
- Ectopic pregnancy is an ectopic pregnancy. The most common place where an ectopic pregnancy occurs is the fallopian tubes that are pulled from the ovary to the uterus.

Symptoms of ectopic pregnancy:

Spotting or not menstruation, nausea, vomiting, abdominal pain, muscle cramps, dizziness, weakness and fainting, pain in the neck or shoulders.

If you have any questions or ambiguities, call the following number:

023-33460066, Women’s Surgery ward of Amir-Al-Momenin Hospital