

Trichomoniasis in the Brazilian population: prevalence, diagnosis and treatment

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ABSTRACT

Trichomoniasis, caused by the protozoan *Trichomonas vaginalis*, is a sexually transmitted infection prevalent in the Brazilian population. This article reviews the epidemiology, diagnosis, and treatment of trichomoniasis in Brazil, highlighting the importance of prevention and proper management of this infection.

Keywords: Trichomoniasis, *Trichomonas vaginalis*, sexually transmitted infection, Brazil.

1 INTRODUCTION

Trichomoniasis is a common parasitic infection worldwide, affecting millions of people annually. In Brazil, it is estimated that the prevalence of trichomoniasis is significant, especially in low-income populations and in urban areas. The lack of symptoms in many cases and the difficulty in diagnosis make the control of trichomoniasis a challenge for public health services. According to data from the Ministry of Health (2020), trichomoniasis is one of the most common sexually transmitted infections (STIs) in the country.

2 PREVALENCE OF TRICHOMONIASIS IN BRAZIL

Epidemiological studies have shown a high prevalence of trichomoniasis in the Brazilian population. According to recent data from the Brazilian Institute of Geography and Statistics (IBGE), the prevalence of trichomoniasis is especially high among young and low-income women, with rates above 20% in some regions of the country (IBGE, 2021). In addition, trichomoniasis has been associated with socioeconomic, behavioral, and cultural factors, such as limited access to health services, low educational attainment, and multiple sexual partners (Garcia et al., 2018).

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3 DIAGNOSIS OF TRICHOMONIASIS

Accurate diagnosis of trichomoniasis is essential for proper management of infection and prevention of complications. The most common diagnostic methods include direct microscopic examination of genital secretions, culture in selective culture medium, and antigen or nucleic acid detection tests. However, the sensitivity and specificity of these tests may vary, and false negatives are possible, especially in cases of asymptomatic infection (Brasil, 2015).

4 TREATMENT OF TRICHOMONIASIS

Treatment of trichomoniasis usually involves the administration of antimicrobial agents, such as metronidazole or tinidazole, orally. Treatment of the sexual partner is also recommended to prevent reinfection. However, increasing drug resistance and challenges in treatment adherence are important concerns that should be considered in the management of trichomoniasis (Gupta et al., 2020).

5 CONCLUSION

Trichomoniasis continues to be a public health concern in Brazil, given its high prevalence and impact on reproductive health. The implementation of effective prevention strategies, including comprehensive sexuality education, universal access to health services, and early diagnosis and treatment, is essential to reduce the burden of trichomoniasis in the Brazilian population.

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