



## Prevention and Treatment of Reproductive Tract Infection

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### Abstract

*Reproductive Tract Infections (ISR) occur because of the process of entering and breeding the germs that cause infections into the female reproductive tract. Caring for sexual organs is often not done as often as caring for other organs. Though sexual organs need extra attention. In these sexual organs, the resulting sweat is quite excessive. So that the sexual organs become moist. prevention that can be done to prevent the occurrence of sexually transmitted diseases that is with care and maintain the cleanliness of the reproductive organs. Treatments that can be done are consuming healthy and nutritious eating, avoid using tight pants, check with your doctor if you experience vaginal discharge for a very long time, make it a habit to cleanse the genitals after sexual intercourse, do not use pantyliner, avoid having sexual intercourse with multiple partners. Washing the genitals every day, changing clothes frequently, at least twice a day in the bath, during menstruation, use soft pads, always wash hands before touching the genitals, avoid using other people's towels or washcloths and shave a portion of pubic hair to prevent bacterial growth.*

## Introduction

Reproductive health is a vital problem in health development, but it cannot be solved by curative efforts alone, so prevention efforts are prioritized (Glasier et al., 2006). Preventive efforts towards healthy reproduction must begin at a minimum at the age of adolescence. Adolescents must be prepared on knowledge, attitudes, and behavior towards the achievement of healthy reproduction (Bearinger et al., 2007).

The level of knowledge is lacking due to several things, namely the delivery of inaccurate or incomplete information, the wrong source of information, and the delivery of excessive information that causes discrimination among adolescents about menstruation MacPhail & Campbell, (2001). A person's behavior is influenced by the level of education and knowledge. Someone's knowledge about something can cause behavior change (Notoatmodjo, 2003).

Among countries in Southeast Asia, Indonesian women are more vulnerable to reproductive tract infections (ISRs) triggered by Indonesia's hot and humid climate. The highest incidence of reproductive tract infections (ISR) in the world is in the teens (35% -42%) and young adults (27% -33%). The prevalence of ISR in adolescents in the world in 2006 are: candidiasis (25% -50%), bacterial vaginosis (20% -40%), and trichomoniasis (5% -15%) (WHO, 2007). Reproductive moist and wet, the acidity will increase which facilitates the growth of fungi (Malińska et al., 2016).

The prevalence of STIs in Indonesia tends to increase overall (Gonorrhea, Syphilis, and HIV) recorded in 2011 as many as 11,280 of these cases of gonorrhea as many as 5,131 (45.4 percent) cases, syphilis as many as 4725 (41.8 percent) cases and HIV-AIDS 1424 (12.6 percent) cases and in 2012 an increase of 13,043 cases were distributed to 6003 (46 percent) gonorrhea cases, 5216 (40 percent) syphilis cases and 1824 (14 percent) HIV-AIDS cases (Refti, 2018). The purpose of writing to find out how to prevent reproductive tract infections and to find out how to cope with reproductive tract infections.

### *Definition of Sterilization*

Reproductive Tract Infection (ISR) is the process of entering and multiplying infectious germs into the reproductive tract (de Boer et al., 2015). Sexually transmitted infections develop very quickly associated with changes in sexual behavior that is increasingly characterized by the presence of groups of high-risk behaviors, such as the existence of female sex workers (WPS), drug addicts, homosexuals or free sex behavior.

Sexually transmitted infections (STIs) are diseases that are related to human sexual organs. STIs are known as Sexual Disease (STD) or Sexually Transmitted Diseases (STD), some are called Reproductive Tract Infection (ISR) (Refti, 2018).

### *Factors Causing Reproductive Tract Infections*

The main causes of ISR are weak immunity (10%), lack of hygiene behavior during menstruation (30%), and unclean environment and the use of sanitary napkins during menstruation (50%) (Sari, 2013).

The highest cause of the case is *Albicans candida* fungus as much as 77% who like to breed with high humidity such as during menstruation (Hidayati, 2009). If the reproductive organs are moist and wet, the acidity will increase which facilitates the growth of fungi (Kasdu, 2005). Women who have a history of ISR have a negative impact on their future such as infertility, cervical cancer, and pregnancy outside the womb (Sari, 2013).

Reproductive tract infections are generally caused by bacterial infections that also cause other sexually transmitted diseases such as chlamydia, gonorrhea, mycoplasmas, streptococcus. These bacteria enter through the vagina and move up to the uterus through the cervix and then to the fallopian tubes and surrounding areas. Based on literature search, reproductive tract infections can be caused by bacteria transmitted through sexual contact, which is 85%, while 15% of other cases occur after obstetric measures such as curettage, endometrial biopsy and IUD installation (Wathaniah et al., 2013).

In women, menstruation is a natural form of bacterial expenditure every month. Anatomically, female genital devices connect directly with the outside world through the body's channels to the peritoneum, uterine canal, cavity, cervical canal, vagina, and vulva. Through the track, it is estimated that infection on the outside of the vulva and vagina can continue into the peritoneal cavity, resulting in local or general peritonitis (Kusuma, 2009).

### *How to Prevent Reproductive Tract Infections?*

To block inflammation, various ways can be done. One of them is clean and healthy lifestyle (Purwoastuti & Walyani, 2015) prevention that can be done to prevent the occurrence of sexually transmitted diseases, namely by caring for and maintaining the cleanliness of the reproductive organs.

Treatment that can be done namely; (1) Consumption of healthy and nutritious eating. Try to avoid obesity, which causes the thighs to rub. This condition can cause injury, so the condition of the skin around the groin becomes hot and moist. Germs can flourish in that area; (2) Avoid using tight pants, because it can trigger humidity. Choose underwear from absorbent material so that the vital areas are always dry; (3) Consult a doctor if you experience vaginal discharge

for a very long time. No need to be ashamed to consult with an obstetrician even though he is not married. Because vaginal discharge can be experienced by all women; (4) Make it a habit to cleanse the genitals after sexual intercourse; (5) If you don't need it, don't use pantyliner. Women are often mistaken. They feel comfortable in their underwear is clean. Though the use of panty liners can increase skin moisture around the vagina; (6) Reproductive organs have a self-cleaning system to fight germs that are detrimental to health. Vaginal cleaning and fragrance products that are traded are actually not needed. Conversely, if used excessively can be dangerous; (7) Avoid having multiple partners. Remember, germs can also come from a partner, it is not easy to detect the source of bacterial transmission. Inflammation is closely related to sexually transmitted diseases and free sexual patterns; (8) Washing the genitals every day by washing from front to back carefully using clean water and soft soap right after urinating, defecating and bathing; (9) Change clothes often, at least twice a day when bathing; (10) During menstruation, use pads that are soft, well-absorbed, do not contain ingredients that cause allergies. Change pads around 4-5 times a day to avoid the growth of bacteria that enter the vagina; (11) Always wash your hands before touching the genitals; (12) Avoid using other people's towels or washcloths; (13) Shaving a portion of pubic hair to prevent bacterial growth.

Caring for sexual organs is often not done as often as caring for other organs. Though sexual organs need extra attention. In these sexual organs, the resulting sweat is quite excessive. So that the sexual organs become moist which can become a breeding ground for bacteria, disease, and odor (Hidayat, 2011).

#### *How to Treat Reproductive Tract Infections?*

Countermeasures that can be done if exposed to reproductive tract infections (gonorrhea). The first step is to get checked. Fluid samples will be checked in the laboratory. This disease can be cured by administering antibiotics, usually with penicillin. However, because the strain or the latest type of germ can turn out to be resistant to it, other antibiotics have begun to be used. No less important is the need for treatment of sufferers' sexual partners (Andarmoyo, 2012).

Countermeasures that can be done if exposed to reproductive tract infections (syphilis). Syphilis can be cured in the primary and secondary phases. Syphilis can be treated completely with penicillin or other antibiotics. If not properly treated, syphilis can develop into a third phase that cannot be treated.

Countermeasures that can be done if exposed to reproductive tract infections (candidiasis). Patients can be treated based on clinical features. Treatment consists of topical application of imidazole or triazole, such as miconazole, clotrimazole, butoconazole, or terconazole. These medications can be prescribed as creams, suppositories, or both. The duration of treatment varies depending on the drug chosen. A single dose of fluconazole 150 mg orally has a high rate of progress (Prawirohardjo, 2008).

Countermeasures that can be done if exposed to reproductive tract infections (bacterial vaginosis). Prohibition can be done by administering drugs. Flagyl drug (metronidazole) 500 mg orally, twice a day, for 7 days, or clindamycin ointment 2% intravaginal applicator when going to sleep for 7 days (Varney, 2001).

Countermeasures that can be done if exposed to reproductive tract infections (herpes). Until now, there was no vaccine or herpes medicine. The virus does not react to antibiotics. Antiviral medications commonly used are acyclovir and Zovirax. Countermeasures that can be done if exposed to reproductive tract infections (HIV / AIDS). Until now there is no cure for AIDS, including serums and vaccines that can cure humans of the HIV that causes AIDS. The purpose of giving medicines to AIDS sufferers is to help improve endurance, improve the quality of life for those who are known to have HIV in an effort to reduce birth and death rates (Purwoastuti & Walyani, 2015).

## Conclusion

Sexually transmitted infections (STIs) are diseases that are related to human sexual organs. IMS is known as Sexual Disease (STD) or Sexually Transmitted Diseases (STD), some are called Reproductive Tract Infection (ISR). Reproductive Tract Infection (ISR) is the process of entering and multiplying infectious germs into the reproductive tract. Reproductive tract infections are generally caused by bacterial infections that also cause other sexually transmitted diseases such as chlamydia, gonorrhea, mycoplasmas, streptococcus. These bacteria enter through the vagina and move up to the uterus through the cervix and then to the fallopian tubes and surrounding areas.

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