Strep Throat

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This paper will discuss strep throat, which is the communicable disease, andprovide the ways through which it can be controlled. It will also recognizevarious factors related to this disease, particularly environmental factors. The other parts discussed in the paper include socioeconomic status, lifestyle influences, and disease management.

This is the form of bacterial infection that makes the throat feel scratchy and sore. Strep throat is accountable for the sore throat small portion(Ebell, Smith, Barry, Ives, & Carey, 2000). If this portion remains untreated, it can cause severe complications, which include rheumatic fever and inflammation. This disease can further lead to inflamed and painful jointsor can cause damage to a heart valve, or a particular type of rashes are also observed in some cases. When anybody has this disease, their throat gets inflamed and irritated. This disease is most common in young people and children between ages 5 to 15(Bisno, Peter, & Kaplan, 2002). However, people of all age groups affected through strep throat. It begins with the incubation period from 2 days to 1 week. It is the viral infection that spread through sneezing, coughing, and sharing utensils. It is also reported that some people are group ‘A’ carriers of streptococcus, there are the bacteria all the time in their throat. There is a risk that they can cause infections to others, as well.

Strep throat has various symptoms and signs through which a person can identify that either they are victims of this disease(Ebell et al., 2000). The symptoms are common, which include sudden throat pain, swollen and red tonsils with pus, fever, headache, rash, body aches, and nausea. The common identification of this disease in children is nausea and vomiting(Bisno et al., 2002). There is also a possibility that the children or adults have some of the symptoms, but they do not have strep throat.The reason for these signs might be illness or some other viral infections.

The strep throat bacteria is called A streptococcus or streptococcus, as well. These bacteria are extremely contagious, which can be spread by airborne droplets. When somebody has an infection, it can be spread from sneeze or cough by sharing drinks and foods(Bisno et al., 2002). The bacteria can also be transferred through eating utensils or doorknob to eyes, nose, or mouth.

This is the common illness for which patients in the United States consult family physicians. As the sore throat and fever are associated with this disease apart from some exceptional cases, this disease is self-limited(Pichichero, 1998). There are various diagnosis strategies through which strep throat infection can be primarily identified for which patient’s required anti-microbial therapy. It is observed that these bacteria affect children mostly as compared to adults. Through research, it is evident that about 30% of cases of strep throat are noted in children, while 5% in adults(Pichichero, 1998). Strep throat can affect any person but some of the factors which increase the chances of this infection. This disease is rare in children younger than 3 years but common in school-going children. The adults who are at stake of getting these diseases are the parents of school-going children and those adults who are usually remained in contact with children. However, the most common reason for this illness is in contact with another person with this disease. It is commonly known that infectious diseases spread in crowded places.

Strep throat can be cured through medicines such as antibiotics. The commonly recommended medicines are amoxicillin and penicillin. However, the people who are affected by penicillin doctors recommend some other medicines as well. Those patients who are affected by strep throat but have no symptoms mostly do not require antibiotics(CDC, 2019).Through reach, it is observed that people who are affected by strep throat continuously even after taking medicines these people are regarded as carriers of strep throat as it is reported that through penicillin medication, about 35% of patients did not experience the eradication of bacteria. This penicillin failure is mostly reported in those patients who are recently treated with it. The administration of food and drug of the United States recommended 5 days of anti-bacterial treatment(CDC, 2019).

This infection initiates other complications as well, such as ear and sinus infections as well as other kidney and heart-related diseases. So, the first step is to avoid this disease, which is prevention as there is a possibility that people can be affected by strep throat again. Also, there is no vaccine developed for the prevention of sore throat. There are several things that a person can do for the prevention of disease. Good hygiene is the best practice to keep yourself away from getting viral infections as these infections enter mostly through soft tissues and skin(Pichichero, 1998).It is required to cover themouth while sneezing or coughing, and after that, throw this tissue in the waste bin. Wash your hands after some time with water and soap, and in case they are not available to use a sterilizer. The basic objective of antibiotic treatment is the prevention of rheumatic fever, but through this, clinical improvement can be achieved rapidly(“Centers for Disease Control and Prevention,” n.d.).It is required that the sectors of public health arrange public awareness seminars and educate the community about the methods through which strep throat can be controlled. Therefore community will be healthy when the disease is detected at an early stage and cured on-time(“Centers for Disease Control and Prevention,” n.d.).

**References**

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