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Research Article

**OCCURRENCE OF EXPLICITLY TRANSMITTED  
INFECTIONS AMONGST TRANSGENDER PEOPLE**<sup>1</sup>Dr Ali Raza, <sup>2</sup>Dr Armughan Ahmar, <sup>3</sup>Dr Syed Zamman Sajjad<sup>1</sup>Medical Officer at RHC Satrah, Daska, Sialkot<sup>2</sup>Medical Officer at Anaesthesia Unit 1, Mayo Hospital, Lahore<sup>3</sup>Medical Officer Rural Health Center, Awan Dahiwal, Lahore**Article Received:** November 2019 **Accepted:** December 2019 **Published:** January 2020**Abstract:**

**Objective:** Decide on occurrence of explicitly transmitted infections amongst transgender people. **Methods:** The current review was conducted on 78 transgender individuals who visited Transgender Clinic at the Sir Ganga Ram Hospital, Lahore in Puducherry throughout phase of May 2017 to April 2018. Overall cases underwent a clinical assessment for any STI/HIV, as well as routine testing for HIV, syphilis, hepatitis B infection and tuberculosis. **Results:** Of the 75 TG, only 11 (14.4%) were determined to have STIs and 3 (3.8%) with 2 STIs each. The maximum widely recognized STI was condyloma acuminata (7.8%) found in 6 cases, followed via 2 individual (2.4%) each through genital herpes, genital scabies and Reiter's infection. Solitary 2 individuals (2.7%) were found to be seropositive. **Conclusion:** The little occurrence of STIs was detected in our cases. Instead of growing pandemic of HIV and STIs, we can focus more and more seriously on the planned mediations to improve STI screening, direction, HIV testing and cure, and also give more attention to the current network.

**Key words:** Subcontinent, high-danger behaviour, genital warts, scabies (*Sarcoptic scabies*), HIV.

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**INTRODUCTION:**

Transgendered people (TG) are organic guys who dress and behave socially like women, whose personality or behaviour does not fit the usual sexual orientation norms. This group is often challenged and may use sex professionally [1]. To better understand transgender people, we must first understand the distinction between gender, sexual orientation and sexual conduct. TG is a significant set of risks for transmission of explicitly transmitted infections (STIs) and human immunodeficiency virus (HIV) [2]. Male sex work in Indian subcontinent is mainly experienced through transsexuals and transvestites, known as "Hijras" - who accept to be the manifestation of Lord Krishna. Kinnara, Khusra, Jankha, Pavia or Aravani are the different names used in the different districts [3]. Most of them have open anogenital sex with other men and are at high risk of contracting and transmitting STIs and HIV. Throughout world, transgender people are minimized and experience high levels of social rejection and hardship [4]. They are unable to realize their full potential for well-being, as it is limited in various settings by laws that condemn same-sex relationships and sexual/sexual diversity. Our review sought to determine the prevalence of STIs among transgender people who visit the MGMC and RI Transgender Centre in Puducherry [5].

**METHODOLOGY:**

The current review was conducted on 78 transgender individuals who visited Transgender Clinic at the Sir Ganga Ram Hospital, Lahore in Puducherry throughout phase of May 2017 to April 2018. Overall cases underwent a clinical assessment for any STI/HIV, as well as routine testing for HIV, syphilis, hepatitis B infection and tuberculosis. All transgender people, regardless of their weakened status and clothing, who visited the MGMC and RI Transgender Center from December 2011 to June 2013 were covered for the survey. Each patient was informed of the reasons for the investigation, the need to take photos and the use of the information for distribution and assistance to the general public. They were informed that their personalities would not be revealed and that their HIV status would remain confidential. Informed consent, in a language that the patient understood, was given. A point-by-point history, including the history of their conduct and sexual practices, was taken. As well, the patient was asked about any history of hormone treatment and substance abuse. A general and dermatological assessment was performed,

which included genital and perianal district assessment. VDRL, HBsAg and Mantoux tests were performed in each patient. HIV testing was performed after prior notification. Different tests, when required, were performed according to the patient's grunts.

**Table 1: Distribution of sexually transmitted infections (n=80).**

Sexually transmitted infection N (%)	
Condyloma acuminata	6 (7.8)
HIV	3 (3.8)
Herpes genitalis	2 (2.4)
Genital scabies	2 (2.4)
Reiter's Disease	2 (2.4)
No disease	69 (87.8)

**RESULTS:**

A total of 75 transgender persons (MTFs), male and female, attending the Transgender Clinic were involved in the examination. Of the 80 transgender patients, only 13 (14.5%) were determined to have STIs. Seven (7.8%) patients were determined to have tapered condyloma, 3 (3.8%) had HIV, 2 (2.4%) had genital herpes, 2 (2.4%) had genital scabies, and 2 (2.5%) had Reiter's disease (Table 1 and Figure 1-3).

**DISCUSSION:**

Transgender, (TG) is a global umbrella term for people who identify with global sex and practice it in a unique and explicit way. They frequently express discomfort with their organic sexual orientation [6]. In Pakistan, there are an estimated 5.28 lakh of men who are likely to have sex with men (MSM) and the transgender population. The transgender network, frames a diverse gathering of the population [7]. The MTF TGs, go under the subgroups of MSM, which additionally contain: self-distinguished MSM - Kothi's - the open or distant accomplice, and panthis - the motivating force or dynamic accomplice, the two deckers - both insertive and reactive accomplices, typically MSM without personality and individuals enjoying stamina sex [8].

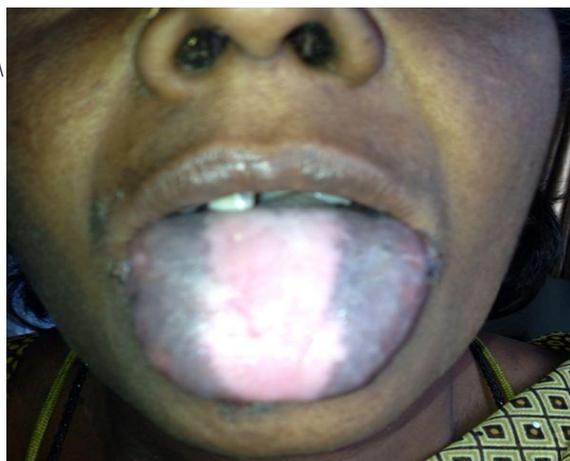


**Figure 1: Large moist verrucous growth in the anal region in a transgender diagnosed with condyloma acuminata.**



**Figure 2 Erosions following vesicular rupture on the shaft of the penis in a transgender diagnosed with herpes genitalis:**

Since the onset of the plague of human immunodeficiency infection (HIV) in the mid-1980s and the worrying rise of STIs, transgender people in low and high-wage countries, as well as in high-wage countries, have been unequally affected. The most common STIs among transgender people are HIV, syphilis, gonorrhea, chlamydia, herpes simplex, hepatitis B, human papillomavirus, scabies, and pubic lice. Other non-traditional STIs include amoebiasis, giardiasis, cryptosporidiosis, shigellosis and salmonellosis.



**Image 3: Photograph display lateral hyperpigmentation over dorsum of the tongue of a transgender diagnosed with HIV.**

All 75 patients in our examination identified themselves as male to female transsexuals. In this review, of the 80 patients, only 12 (14.5%) were determined to have STIs, and only 4 (5%) were determined to have two STIs. Seven (7.9%) patients were diagnosed with condyloma acuminata, followed by three (2.4%) patients each with genital herpes, genital scabies and Reiter's disease [9]. Only 2 (2.7%) were diagnosed with HIV, indicating a low frequency of STIs compared to other tests. Shinde *et al.* reported an STI ubiquity rate of 35% in their survey, with a higher share of 9.3% for each of perianal moles and genital scabies. Instead of the different investigations by Brahman *et al.*, Khan *et al.*, Nemati *et al.* also, Setia *et al.*, where there was a high prevalence of syphilis, chlamydia, gonorrhea, in our review there was just one case of Reiter's disease clinically analyzed, and no cases of syphilis, gonorrhea, trichomoniasis. The ubiquity of HIV in the considerations of Brahman *et al.* in addition, Nemati *et al.* was 18.3% and 27%, individually, which was very high as our review (2.7%), while Khan *et al.* in addition, Setia *et al.* observed a low ubiquity of HIV of 2% and 4.7%, individually, as ours [10].

### CONCLUSION:

The pervasiveness of explicitly transmitted infections among transgender persons was low in our review, with condyloma acuminata being the most common, followed by HIV, genital scabies, genital herpes, and Reiter's disease. Our information pitfalls, the need for more HIV and STI anticipation programs for transgender people, improved data on recognition of side effects, STI screening, and treatment administration. A decent network of emotional support from the general public will also enable the transgender network to approach medical service authorities without fear of being minimized.

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