Brucellosis in Humans

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Introduction

What is brucellosis?

Brucellosis is a zoonotic infection caused by the bacteria (genus: Brucella) it can spread from an animal to a human. It has been known by various names including: Mediterranean fever and malta fever.

What is brucella?

It's a small aerobic intercellular coccobacilli, localized in the reproductive organs of host animals. They are shed in large numbers in the animals urine, milk, placental fluid, and other fluids. The kind that is common to infect human is (brucella melitensis)

• Principal hosts: goat and sheep .

• Its most commonly found in the Middle East and Mediterranean.

Causes

• Eating uncooked meet or consuming unpasteurized / raw dairy products.
• Direct contact with an infected animal.
• Inhalation of aerosols. (breathing in the bacteria)

Symptoms

Brucellosis can cause fever (and it's the most common symptom), back pains, body wide aches and pains, poor appetite and weight loss, headache, night sweats, weakness, and abdominal pain.

Treatment

Once the diagnosis is made, a doctor can prescribe a combination of medications. Brucellosis can be difficult to treat but antibiotics are most commonly used to treat it.

Examples for antibiotics?

• Doxycycline
• Streptomycin
• Tetracycline (sumycin)

There generally given in combinations for 6 to 8 weeks.

Prevention

• Do not drink or eat unpasteurized dairy products.
• Wear rubber gloves and goggles if you work in the animal processing industry.

Summary

Brucellosis is a zoonotic infection caused by the bacteria (genus Brucella). The most common symptom of the infection is fever, and its treated by antibiotics. Preventions include not drinking dairy products from infected animals and wearing rubber gloves incase you work in the animal processing industry.

References

1. https://emedicine.medscape.com/article/213430-treatment

2. https://www.cdc.gov/brucellosis/symptoms/index.html

3. https://www.slideshare.net/