**BALANITIS INFECTION:**

Balanitis is an uncomfortable condition (commonly found in uncircumcised men than in circumcised ones) that occurs when pain and inflammation of the penis glans occur on the head of the penis.

Minor-level infection can be treated via tropical treatment or using anti-fungal creams, however, if not treated well on time can cause severe discomfort, pain, inflammation, itching on the head of the penis (Penile Glan), and other disturbed symptoms leading to Circumcision being the best treatment. It is a non-contagious condition and does not spread from one person to another.

Improper hygiene, latex condom reaction, medication allergies, and STDs can cause balanitis. It can be treated with antibiotics and antifungal creams. But, when these medical treatments fail to provide relief or reoccur, urologists often suggest circumcision as the best line of treatment.

## TYPES OF BALANITIS:

## Zoon’s Balanitis.

## Circinate Balanitis.

## Pseudoepitheliomatous Keratotic and Micaceous Balanitis (PKMB).

## Zoon’s Balanitis: This infection usually impacts uncircumcised, middle-aged/older men and is the most common type of infection. The Penis tip becomes red and inflamed resulting in an uncomfortable situation, also known as plasma cell balanitis. Circumcision helps to cure this type of infection but can be managed by maintaining good hygiene and using emollient creams.

## Circinate Balanitis: Reactive arthritis is the main cause of it, this type of arthritis manifests in the body due to an infection reaction resulting in redness and inflammation, this condition causes small lesions(sores) on the tip of the penis, and may experience tiny dots with a white plague which then grows into red areas not bothered by white plague. Itching, burning and bad smell do not occur in this type of balanitis infection.

## Pseudoepitheliomatous Keratotic and Micaceous Balanitis (PKMB): Warts on the Glans are the main symptom of this type of balanitis. Being a rare urological condition affecting older men (over 60 years), this type does not have any specific symptoms but in some cases, maceration, fissuring, and irritation may be linked. The treatment of it is chronic and can cause recurrence post-treatment.

## SYMPTOMS:

* Inflammation and rashes on the head of the penis.
* A rash that may look like red, purple, grey /white.
* Scaly warts or bumps on the head of the penis.
* Swelling, redness and soreness.
* Pain and discomfort during sexual intercourse.
* Difficulty pulling back the foreskin.
* Lack of Sensation.
* Unpleasant and smelly discharge.
* Red spots on Penile Glan.

**CAUSES OF BALANITIS:**

Lack of proper hygiene is the main cause of Balanitis. Improper hygiene gives birth to microbes leading to infections, fungi, and yeast, these microbes multiply fast in the dark and moist area under the foreskin which can lead to such complications and discomfort. The head of the penis and in some cases, the foreskin also can get swollen too: Few other causes are:

* Some irritants like soap, detergent, and perfume can disrupt the PH balance.
* Psoriasis, a skin condition that can affect the pubic area leading to balanitis.
* Some infections which are transferred during sexual activity can cause balanitis.
* Chemicals or any procedures or sprays can lead to swelling of the area.
* Areas not properly dried or moist can give birth to infections.
* Latex condoms and lubricants (in some cases).
* Lack of personal hygiene.

**TREATMENT & BENEFITS:**

The right type of treatment for balanitis depends clearly on the reason for it, if yeast infections or skin bacteria are the reason for balanitis then the primary course of action could be treated with anti-fungal creams or antibiotic course of medicine but to avoid reoccurrence, Circumcision especially stapler circumcision is the solution (a permanent solution). Removal of the foreskin stops the urine or any residual matter from accumulating and if there were no foreskin, there would be no breeding ground for bacteria, infection, or inflammation to grow which can result in balanitis.

**Benefits:**

* Prevents recurring infections
* Prevents inflammation, redness and soreness
* You can experience pain-free sexual intercourse.
* Your professional and personal life would not be impacted.
* Pain-free comfortable day-to-day life.

**SURGICAL METHODS OF BALANITIS TREATMENT:**

A circumcision surgery is generally considered to be a safe and effective balanitis treatment. Circumcision is a surgical procedure that involves the removal of the foreskin covering the penile glans or the head of the penis. There are primarily three methods of performing circumcision:

* [Laser circumcision](https://www.pristyncare.com/treatment/circumcision/): An advanced, minimally invasive, and extremely precise procedure that does not involve the risk of cuts or excessive bleeding. A laser beam is used to surgically remove the foreskin, the recovery is quick and you would show better healing results and good post-operative quality of life.
* [Stapler circumcision](https://www.pristyncare.com/treatment/zsr-circumcision/): A safe, quick, and more traditional form of circumcision. A stapler is used under this procedure of circumcision. The stapler which is fitted over the penis is so quick in motion that once fired, it instantly removes the foreskin in one motion.

A silicon ring/non-bioabsorbable staples are used in this procedure to close the incisions. The length of the foreskin to be removed is already pre-decided in the procedure, it provides desired results in a much safer and quick manner, The silicone ring is also off within 7-10 days once the wound heals.

* Open circumcision: Under this method of circumcision, an incision is made along the upper length of the foreskin from the tip of the corona to expose the penile glans. Being a traditional method of circumcision, it is performed using either a scalpel or surgical scissors.

This method is more invasive as compared to the above procedures, and you would take longer to heal. It also carries more risk of complications either during or after the surgery.

**DIAGNOSTIC TESTS FOR BALANITIS:**

Balanitis infection is diagnosed by a health care provider by a physical examination to see the visible symptoms or the type of balanitis. Alongside series of diagnostic tests are also being performed to evaluate your health or any prior underlying medical conditions that may additionally require care or precautions during pre/post-operation. Some tests are:

* Swab test:  The urologist would take a simple swab from the site of infection to analyze it, the test is common and is performed to check for any STDs (sexually transmitted diseases) or other infections.
* Urinalysis:  To check signs of diabetes, infections UTI tests or any other kidney issues tests are done to analyze the visual, chemical, and microscopic aspects of the urine.
* Blood test: A basic blood panel test is also performed by the urologist to check signs of any infections, diabetes, or any other underlying issues.
* Tissue biopsy: Another form of test is tissue biopsy, which is performed to further understand the reason for visible symptoms. A doctor would take samples of cells from the site of infection and analyze them under a microscope**.**

**RISKS/IF LEFT UNTREATED:**

* Untreated balanitis can lead to the formation of scar tissue around the head of the penis.
* Painful sores or lesions that may bleed or cause scarring, Ulcerative lesions
* An inflammatory skin condition called Lichen Sclerosus that can affect the urine and the flow of semen through the urethra.
* Pose a risk of Penile Cancer.