

THE EFFECT OF GIARDIASIS ON INTESTINAL TUMOR DEVELOPMENT

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Abstract

Modern medicine has repeatedly shown that seemingly simple organisms can cause serious problems. Giardia are a clear example of this. These microscopic parasites live in the human small intestine and can remain unnoticed for a long time, hiding under the guise of other diseases. Children are particularly vulnerable: they are more frequently infected with giardia, and in them the infection often manifests with more pronounced reactions.

However, this is not only due to age. Giardiasis is also not uncommon in adults, it just manifests itself differently. The problem is that Giardia is not distinguished by specific, clear symptoms. In many cases, the symptoms are confused with irritable bowel syndrome, dysbacteriosis or stress. Therefore, in addition to recognizing alarming signs, it is important to understand how the infection works, how to fight it, and how to prevent reinfection after treatment.

Keywords

giardiasis, giardia parasites, intestinal parasites, digestive disorders, intestinal microflora, allergic reactions, parasitic infections in children, giardiasis symptoms, parasitic disease diagnosis, antiparasitic treatment.

INTRODUCTION

At first glance, Giardia may seem harmless. They are the simplest parasites that live in the small intestine and feed on the food a person eats. However, their presence is not at all safe: they disrupt the digestive process, irritate the mucous membrane, impair the absorption of nutrients, and can cause allergic reactions and intoxication.

Giardia does not eat the intestinal wall like worms, does not enter the bloodstream and does not move through the body. However, its effects are systemic: from constant fatigue to skin rashes. This is especially noticeable in children, since their enzymatic system is not yet fully formed. The body reacts more strongly and loses the energy necessary for growth and development.

Interestingly, Giardia does not always cause symptoms. Some people can be carriers for years and not even realize they are spreading the infection to others. This is why the disease often spreads widely in daycare centers, schools, or within families.

METHODS

It is not always easy to detect Giardia. They may not always be separated from the stool, and the symptoms often resemble other diseases. Therefore, care and patience are required when making a diagnosis. The following are used to clarify the diagnosis:

- detection of cysts in the stool (it is recommended to pass it at intervals of 2–3 times),
- examination of duodenal fluid,
- serological tests (antibodies to Giardia in the blood).

No method gives 100% accuracy on the first try. Therefore, if giardiasis is suspected, one should not stop after one test. It is advisable to discuss with the doctor the issue of repeated or more sensitive tests.



RESULTS

The most common misconception is that you can get rid of *Giardia* “with one pill”. In practice, treatment is not just about eliminating the parasite, but also about restoring digestion, immunity and intestinal microflora. Treatment usually takes place in several stages:

Preparation of the body. First, inflammation and swelling are eliminated, the functioning of the gastrointestinal tract is improved, and the diet is adjusted. This helps to make the main therapy easier.

Antiparasitic stage. Drugs that destroy *Giardia* are used. The drugs are selected individually, the course lasts 5–10 days.

Recovery. After the main treatment, it is important to support the intestines with probiotics, enzymes and proper nutrition.

If there is a repeated infection in the family, it is recommended to treat all members at the same time. At the same time, special attention should be paid to hygiene, cleaning dishes, toys and sanitary equipment.

Metronidazole (Trichopol, Klion, Flagyl), Tinidazole (Fasigin), Entamizole, Furazolidone, Aminoquinol, Makmiror, Tiberol, Ecdisten, Intetrex, Zentel, Meratin are currently used in the specific treatment of giardiasis.

Under the effect of etiotropic therapy, the massive destruction of *Giardia* leads to the formation of metabolites that can be absorbed from the intestine into the bloodstream, triggering the Jarisch–Herxheimer reaction. To mitigate this reaction, the administration of Duphalac is considered appropriate.

DISCUSSION

Successful prevention of giardiasis is achieved through the implementation of comprehensive sanitary-hygienic, treatment-preventive and anti-epidemic measures aimed at the three chains of the epidemic process: the source of infection, the route of transmission and the susceptibility of the organism.

1. It is necessary to follow all personal hygiene rules and adhere to the treatment regimen. In particular, hands should be washed with soap before meals and after using the toilet; the body should be kept clean; underwear, bed linen, and covers should be changed frequently.
2. Meat, vegetables, fruits, and other food products must undergo veterinary and sanitary control.
3. It is important to follow proper rules for caring for domestic animals.
4. Vegetables, fruits, and other products should be thoroughly washed before consumption.
5. In case of pinworms, it is recommended to sleep in special clothing and to boil and hot-iron them daily.
6. After using the toilet, as well as before and after sleep, it is recommended to wash the area around the anus and apply petroleum jelly.
7. Meat should be thoroughly washed and properly fried or cooked before consumption.
8. Only vegetables and fruits washed with boiled water should be used for food.
9. If symptoms characteristic of helminth infections appear, it is necessary to consult a doctor.
10. Children should not be allowed to play with stray dogs and cats.
11. Premises should be thoroughly cleaned: floors swept and washed, dishes and toys cleaned, furniture wiped, and especially toilets and pots disinfected.
12. Parents and staff should be regularly educated through discussions to fully understand the routes of helminth transmission and methods of prevention.



13. It should be remembered that helminths can be transmitted through environmental objects such as soil, vegetables, melons, berries, spices, herbs, fruits, dishes, dirty hands, items, clothing, and others.
14. Self-treatment of helminth infections with unverified medications or methods is not recommended, as it may lead to complications.
15. Individuals and children with irregular bowel movements or recurrent symptoms should be examined for helminth infections.
16. It is recommended to include lemon in the diet.
17. Drinking boiled milk with garlic is recommended.
18. Consuming pumpkin seeds with garlic on an empty stomach is recommended.
19. Carrot juice mixed with sugar or honey should be taken on an empty stomach, 1–2 tablespoons daily.
20. Three tablespoons of grated carrot boiled in one glass of milk should be consumed one tablespoon 3–4 times a day.
21. Enemas with infusions of wormwood and garlic are recommended.

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