

CONDYLOMA (VENEREAL WART) - CONDILOMI

Condylomas, commonly known as “rooster crests” or “venereal warts”, are caused by the papilloma virus (HPV). There exist many types of this virus: several cause warts on the skin, others genital condylomas, and still others cause more complex sicknesses. This virus is usually transmitted through sexual contact. The incubation period can last several weeks or several years. These probably constitute the most frequent genital infection known, and **they are also important, since they are associated with tumors of the cervix of the uterus.**

HOW DO CONDYLOMAS MANIFEST THEMSELVES?

Condylomas appear as small, red excrescences (*n.b.* abnormal outgrowth/warts) with a wrinkly surface (hence, the name, “rooster crest”). If these are not treated, they tend to grow, and form cauliflower-like masses. Condylomas can be localized on any part of the male or female genitals, preferring more hidden, moist areas. In the event of oral-genital sex, they can be localized in the mouth.

HOW TO PREVENT CONTRACTING AN HPV INFECTION

Besides a genetic predisposition, all that can suppress the immune system can cause the onset of a papilloma virus infection or the deterioration of already existing lesions. Quitting smoking, exercising, avoiding drugs and alcohol, limiting stress, eating healthy, and having safe sex are all correct behaviors that contribute to strengthening our immune systems, therefore, influencing the onset or the evolution of condylomas. Condoms do not offer 100% protection, yet, they limit the possibility of exposure to infection.

The virus rarely survives outside the human body, therefore, particular care need not be taken in relation to undergarments, except for usual daily hygiene.

The best way to prevent any tumors associated with the presence of a papilloma virus is that of regularly taking a PAP test and having a colposcopy performed (when indicated by a specialist, in relation to the degree of lesions detected).

If you are pregnant, no particular risk exists if the above stated tests are negative.

At times, genital condylomas can grow in number and size during pregnancy, yet, rarely do they cause problems during birth, therefore, a normal vaginal delivery can be performed. Both the Pap Test and colposcopy can be performed without problems during pregnancy.

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