

Balanoposthitis

Spec. Dr. Sladjana Cvejic, dermatologist
Dermatological clinic DERMATIM, Belgrade, Serbia

Balanoposthitis is an inflammation of the tip of the penis skin in men. Balanitis is an inflammatory disease of only the head of the genitalia, and posthitis is an inflammation of the internal part of the skin genitalia.

Causes of balanoposthitis

Changes in the genitalia of a man are most often due to bacterial infection (caused by streptococcus, staphylococcus, trichomonas, Escherichia, enterococcus), candidiasis, trauma, insufficient hygiene, soap irritation and disinfectants. It is most common in uncircumcised men due to moist and warm conditions. Infections caused by specific sexually transmitted causes (gonorrhoea, herpes, syphilis, mycoplasma, ureaplasma, Chlamydia infections) are described in the text on sexually transmitted diseases .

Symptoms and signs of disease

There are several forms of disease:

Balanoposthitis simplex

Changes are on the glans penis or the skin in the form of redness, swelling, secretion, and sometimes they form smaller or larger wounds. Subjectively there is a sensation of an itch, burning or nuisance while urinating. Most common causes are bacterial infections, chemical and mechanical irritations.

Balanoposthitis candidomycetica

Balanoposthitis candidomycetica (candidiasis) is characterized by glowing redness, appearance of whitish bubbles, itch, and burning symptoms caused by the propagation of the fungus Candida. It often occurs in people with diabetes, with loss of immunity or when taking medication.

Balanoposthitis erosive cicirnata

Balanoposthitis erosive cicirnata (circular erosive) has a chronic course, in the form of irregular whitish, polycyclic red and gray-whitish changes. It can occur independently or coupled with Reiter's disease.

Diagnosis

Diagnosis is placed on the basis of a clinical picture. If necessary, additional tests (a smear) are performed to isolate the cause of the disease. It is necessary for the sexual partner to be examined also.

Treatment of balanoposthitis

The basic approach in the treatment is to remove predisposing factors. Washing with water, very mild soaps and rinsing with hyper manganese is recommended. Depending on the cause the treatment can be conducted with antibiotics or antimycotics, locally or systemic.

Balanoposthitis should be taken seriously and treated with adequate therapy because it can become chronic when the mucosa becomes shiny, smooth, thinned and of decreased elasticity. Potential complications of the disease are the development of phimosis (inability to coat the drag over the skin) and paraphimosis (brim of the skin tightened behind the glans, followed by swelling).