

Boy has serious complications due to avoiding medical examination at the beginning of the year

Ho Chi Minh City - A 32-year-old man had a painful swelling in his left testicle and painful urination for more than two weeks. He hesitated to go to the doctor because he was afraid that going to the hospital at the beginning of the year would bring bad luck, leading to an abscess and requiring surgical intervention.

On February 9, Dr. Tra Anh Duy, Men's Health Center, said that the patient had severe epididymitis. The bacteria causing the inflammation had formed an abscess, causing the testicles to swell, become red and hot, be very painful, and potentially affect fertility.

"If you go to the doctor early, when the disease is still in its early stages, treatment will be simpler, you can cure it with antibiotics and there is less risk of complications," the doctor said. The patient said he had symptoms before Tet but was busy with work at the end of the year so he did not go to the doctor, and at the beginning of the year he was afraid to go to the hospital.

According to Dr. Duy, many people believe that "avoiding medical examination at the beginning of the year" is a bad omen, bringing illness all year round. This delay has serious consequences. Recently, a 28-year-old man came to the doctor because his foreskin was swollen, red, had pus, and was accompanied by painful urination. He bought and applied medicine himself, leading to inflammation of the foreskin - glans with secondary infection due to many types of bacteria. Meanwhile, if the disease is treated early with appropriate antibiotics, the cure rate is high, and he does not have to endure prolonged pain.

Or like a 25-year-old man who came to the doctor because of painful urination, frequent urination, and yellow pus coming out of his urethra. He had unprotected sex with a new partner he met before Tet. When he had these symptoms, he was "afraid to go to the hospital at the beginning of the year" so he bought antibiotics himself, making his condition worse.

The doctor diagnosed the patient with gonorrhea. This is a sexually transmitted disease caused by the bacteria *Neisseria gonorrhoeae*, which can be cured if treated early with specific antibiotics. Because he delayed and used the medicine incorrectly, the bacteria became resistant to the medicine, the disease progressed more severely and there was a risk of complications such as orchitis, epididymitis, and even infertility.



Doctor Duy examines a patient. Photo: Lam Anh

Dr. Duy believes that avoiding medical examinations at the beginning of the year has no scientific basis and can even make the disease worse, making it difficult to treat and increasing the risk of complications. This misconception also makes patients feel anxious and insecure, affecting their mental health. In many cases, timely diagnosis and treatment are very important to save the patient's life. Delaying examination and treatment can cause patients to miss the golden time, leading to unfortunate consequences.

When there are unusual signs, see a doctor immediately, do not let superstitious beliefs affect your health. Choose to be examined and treated at reputable medical facilities with a team of good, experienced doctors and modern equipment.

Regular health check-ups help detect potential health problems early, thereby taking preventive measures and timely treatment. Building a healthy lifestyle, a scientific diet, regular exercise, reasonable rest, avoiding stress, safe sex, contribute to improving resistance and preventing diseases.

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