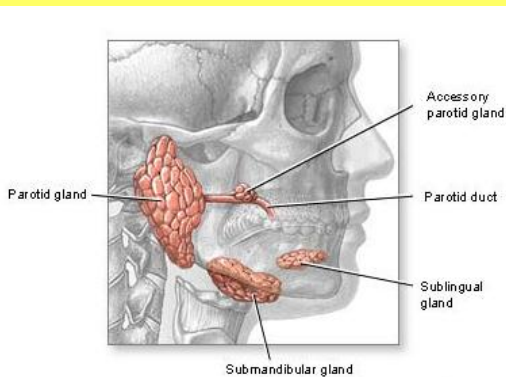


Mumps

(Epidemic Parotitis)

Definition

An acute, contagious viral disease that causes painful enlargement of the salivary or parotid glands.



Causes Incidence and Risks

- Caused by the paramyxovirus, which is spread by saliva droplets or direct contact with articles that have been contaminated with infected saliva.
- The parotid glands are usually involved.
- Children between the ages of 2 and 12 are most commonly infected, but the infection can occur in other age groups.
- In older people, other organs may become involved including the testes, the central nervous system, the pancreas, the prostate, the breasts, and other organs.
- The incubation period is usually 12 to 24 days.



Prevention

- MMR vaccine protects against measles, mumps and rubella and should be given to children 15 months old.
- The vaccination is repeated in some locations between 4 to 6 years of age, or between 11 and 12 years of age if not previously given.

Symptoms

- face pain
- neck swelling
- fever
- headache
- sore throat
- temporomandibular swelling
- Additional symptoms in males that may be associated with this disease:
- testicle pain
- testicle lump
- scrotal swelling

Signs and Tests

- A physical examination confirms the presence of the swollen glands.
- No testing is usually required.

Treatment

- There is no specific treatment for mumps.
- Symptoms may be relieved by the application of intermittent ice or heat to the affected neck area.
- Paracetamol - oral for pain relief (Not Aspirin).
- Warm salt water gargles, soft foods, extra fluids and rest may also help relieve symptoms.

Prognosis

- The probable outcome is good, even if other organs are involved.
- Sterility in men from involvement of the testes is very rare.
- After the illness, life-long immunity to mumps occurs.

Complications

- infection of other organ systems
- sterility in men (rare)

