



Dengue Fever: Causes, Symptoms, Treatment, and Prevention

Huang Kuan*

Department of Chemistry, Hong Kong University of Science and Technology, Clear Water Bay, Hong Kong

*Corresponding author: Huang Kuan, Department of Chemistry, Hong Kong University of Science and Technology, Clear Water Bay, Hong Kong; E-mail: Huangkuan@123.com

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Description

Dengue fever is caused by any one of the four types of dengue viruses, which are transmitted to humans by infected mosquitos. When a mosquito carrying the virus bites a person, the virus enters the bloodstream dengue fever cannot be contracted through direct contact with an infected person [1-3]. Almost half of the world's population around 4 billion people live in areas with a risk of dengue fever. Febrile phase, critical phase, and recovery phase. The febrile phase usually lasts for the first three to seven days and is characterized by a sudden high-grade fever of around 40°C (104°F), headache, joint and muscle pain, and a rash. The important phase can occur in some cases, particularly in dengue hemorrhagic fever or dengue shock syndrome, and is marked by plasma leaking, fluid accumulation, respiratory distress, severe bleeding, and organ impairment [4,5]. The recovery phase follows the critical phase and is marked by the resolution of symptoms. When a person has dengue, the platelet count can fall below 1.5 lakh, which is lower than the normal platelet count range of 1.5 to 4 lakhs in a healthy person. However, reports a platelet count of 276,000 in a case where there was no thrombocytopenia, which means that not all dengue cases will have low platelet count [6-8]. Nonetheless, states that about 80 to 90 per cent of patients with dengue fever will have platelet counts below the normal range. Therefore, while a low platelet count is a common finding in dengue fever, it is not present in all cases and the extent of the decrease can vary.

Clinical manifestation

Dengue fever is characterized by a range of clinical manifestations that can vary from mild to severe. The common symptoms include headache, muscle and joint pain, nausea, vomiting, pain behind the eyes, and rash. In some cases, the patient may also experience retro-orbital pain, swollen glands, and bleeding manifestations such as petechiae, epistaxis, gum bleeding, hematemesis, and others [9]. Management of dengue fever involves adequate hydration, pain relief with paracetamol, and close monitoring of the patient's condition for signs of plasma leakage or organ impairment. In severe cases, hospitalization may be required, and the patient may need intravenous fluid therapy or blood transfusion. Early detection and prompt medical

intervention are crucial for the successful management of dengue fever there is no specific medicine to treat dengue fever. The focus of treatment is on managing the symptoms and preventing complication. Over-the-counter pain relievers such as aspirin, ibuprofen, and naproxen should be avoided, as they can increase the risk of bleeding. Acetaminophen (paracetamol) is often used to control the fever and pain associated with dengue fever [10]. Adequate hydration is also essential, and patients should drink plenty of fluids to avoid dehydration. In severe cases, hospitalization may be required, and the patient may need intravenous fluid therapy or blood transfusion. While the symptoms of dengue fever can be uncomfortable, they usually resolve within a week or so without any lasting complications severe dengue, on the other hand, is a potentially life-threatening complication that can develop in some cases of dengue fever [11]. It is characterized by plasma leakage, fluid accumulation, respiratory distress, severe bleeding, and organ impairment. Severe dengue requires prompt medical attention and aggressive treatment to prevent complications and death while dengue fever is generally a self-limiting illness, severe dengue is a serious complication that requires immediate medical intervention.

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