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## Epididymitis: A Silent Male Issue

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### ABSTRACT

Epididymitis is an inflammation of the coiled tube, called the epididymis, at the testicals. It functions to store and carry sperm. Epididymitis caused by bacterial infection like sexually transmitted infections (STIs). About 1 in 1000 men develop epididymitis annually, and acute epididymitis accounts for more than 600,000 medical visits per year. However, this disease is underdiagnosed since not all sufferers, even the health practitioner, are well aware of it. The objective of this study is to develop innovative education videos of epididymitis to create awareness among men especially the youngsters. The five minutes video includes informative content such as the causes, symptoms, and complication of epididymitis that we are acting in the video. YouTube was used as a platform to share this video to the public. A google form was used to get the feedback on the awareness of the viewers about epididymitis. 50 respondents were successfully recruited in the study. The outcome reported none of them was familiar with this disease. This shows that it is a critical task and concern to create public awareness of this disease among the young generation. It is thus promising for the early diagnosis of the disease with appropriate treatment management, and reduces its risk among men such as fertility.

**Keywords:** Epididymitis; epididymis; disease; awareness

### INTRODUCTION

Most of the men including children in this world does not aware that they have the tendency to have such a disease to their private part [4]. Majority of the society only know the women's disease such as breast cancer which is well known openly discuss among our people but for male private part disease like epididymitis and varicocele, it rarely mentioned and concern. The things that we all face is that the level of knowledge of society about these diseases are critically bad. Hence, some innovation about how to overcome this problem is necessary to improve knowledge of the public about the diseases.

Firstly, Epididymitis is an inflammation of the coiled tube, called the epididymis, at the testicals. It functions to store and carry sperm. Epididymitis caused by bacterial infection like sexually transmitted infections (STIs) [6]. Its symptoms are swollen, discoloured or warm scrotum, testicle pain and tenderness, and blood in the semen [1]. This condition occurs when urine flows backward into the epididymis, causing chemical irritation [7]. Other than that, epididymitis also has the infection. Fever, hematuria, dysuria, and urine frequency may also occur concurrently, and the discomfort may spread into the lower abdomen [3]. Bacteria from a urinary tract or prostate infection might spread from the infected site to the epididymis and it also may have tuberculosis infection [1].

Next, varicocele is the side effect of epididymitis. A varicocele is an enlargement of the veins within the loose bag of skin that holds the testicles (scrotum) [2]. This varicocele may have a symptom such as infertility. A varicocele may lead to difficulty fathering a child, differently sized testicles, and has a mass in the scrotum [2]. Based on our research the exact cause of a varicocele is unknown [2]. One contributing factor may be the malfunction of valves inside the veins that are intended to keep blood moving in the right direction [2].

**INNOVATION DEVELOPMENT**

The innovation is the video for society about the diseases. The objective of this study is to develop innovative education video of epididymitis to create awareness among men especially the youngsters. The innovation motivation of this project is we include informative content such as the causes, symptoms, and complication of epididymitis. The details about these diseases will discuss further in our report below.

To spread the awareness among the public, we produced a video that explain about the Epididymitis that include symptoms, causes, infections, and complications of this disease. To create this video, we gained a lot of information about Epididymitis from Google, Lecturers, and medical graduate. Before start making the video, the data obtained is discussed to find out whether it was accurate or not.

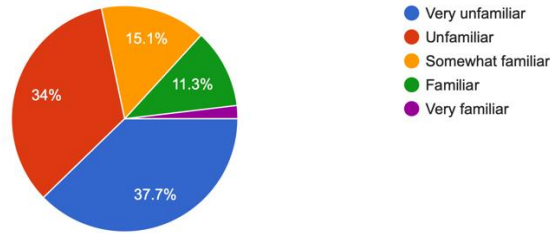
Once the video is ready, we upload the video into our YouTube channel for public viewing. Then, we also made a survey by using Google Form platform. We also inserted the YouTube video into this Google form for respondents to watch. Next, some questions are also prepared to test the respondent's level of understanding of epididymitis before and after watching the video that has been prepared. We shared the survey by using the social media platforms such as WhatsApp and Telegram. We share the video to people like our friends and family members. Last but not least, we gathered the information from the responses of the respondents.



**Figure 1:** Various sharing platform

I know about epididymitis.

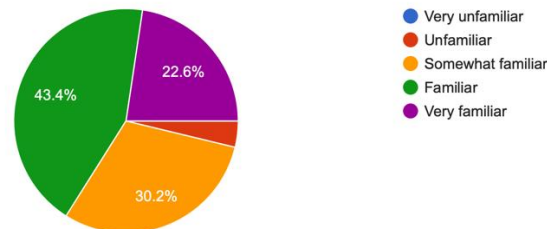
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**Figure 2:** Before informational video

I know about epididymitis.

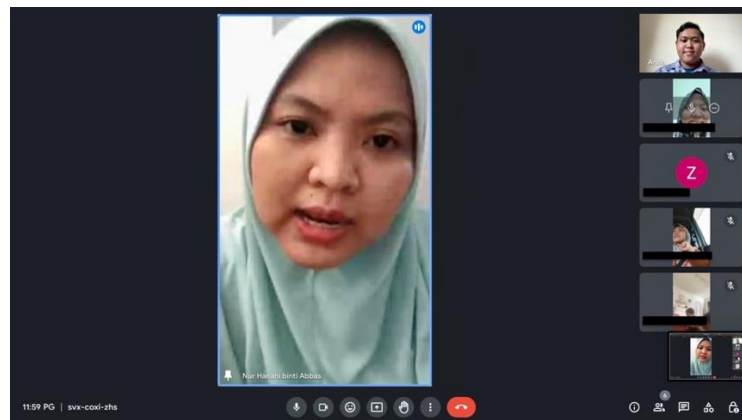
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**Figure 3:** After informational video

## COMMERCIAL POTENTIAL

Everyone does not want to hear something that has been not confirmed by professional or a person who has experienced it. Before the video was produced, it is important to get to know about the diseases from the correct sources. We found people who had win against this disease and they voluntarily want to share their life story. We also manage to contact with Puan Nur Hanani Binti Abbas which is a nurse from University Malaya Medical Centre (PPUM) to state the facts about these diseases among society and explains more about these diseases. The online interview has been done using Google Meet platform.



**Figure 4:** Interview done using google meet.

Lots of information from the interview have been used to make our products which is the video and flyers. We decided to use this method because it is to kill two birds with one stone. Firstly, all the people get the exposure about the existence of these diseases by showing them the video that contain about the prevalence, factors and symptoms of the diseases. This will give people more understanding how their reproductive organs works and they become more aware about their private part health. Secondly, individuals acquire their advised healthy lifestyle from flyers to avoid having this health issue, but the most important aspect is that they are aware that they must constantly keep cleanliness of their private parts in order to prevent cancer from occurring [5].



**Figure 5:** An individual get explanation about the health problem.

## CONCLUSION

To conclude, epididymitis is a disease that affect a lot of men all around the world but the awareness about this disease is still very low among the society. Therefore, this disease was chosen as the topic to spread awareness and share information about epididymitis. Five minutes video of information of epididymitis including symptoms, causes, infections, and complications of this disease was made and shared on YouTube. Next, a survey was made using Google form and was shared to our friends and family members to test their level of understanding of epididymitis before and after watching our video. From the survey, the majority of the respondents' level of understanding of epididymitis increased after watching the video. They are more familiar and aware of the disease.

## ACKNOWLEDGMENT

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After doing many discussions together, we have decided to spread awareness about male private part diseases that many did not know about it. This is due to lack of early exposure of their private part during their childhood phase. Children need to have a good early education so that they have knowledge about their own private part.

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