

# Repetitive Anal Intercourse as a Potential Risk for Renal Failure



Homosexual intercourse has been more frequently reported nowadays.<sup>[1,2]</sup> At the same time, there is an increasing population of patients with chronic renal insufficiency.<sup>[3]</sup> Many people have misconceptions that both urine and stool are waste products of the same quality. Therefore intromission of the penis into the rectum has no harm for both partners, as the organs carry similar products. This motivates some young male youths to elect the anal sex over penile-vaginal penetrative intercourse in order to preserve the virginity of their female partners, especially before marriage. In many cultures, the virginity of females should be safeguarded till marriage.<sup>[4]</sup> After marriage, some couples may shift to anal sex as practiced as a mean of contraception.<sup>[5]</sup> Also, others may practice it as a fantastic, foreplay and as mode of change in their sexual life. There may be psychological disorders in persons practicing unsafe anal sex.<sup>[6]</sup> The motives for such high risk sexual practices with men are mostly non sexual needs but may be due to other causes e.g. search of experiences or offset shortcomings and feelings of emotional loneliness.<sup>[7]</sup>

The anal canal is about 4 cm in length, continuous above to the rectum that acts as a reservoir for fecal contents.<sup>[8]</sup> The anatomy of the rectum and upper portion of anal canal differs from that of the natural site of coitus in females known as the vagina. They are lined with thin columnar epithelium vs. stratified squamous epithelium in vagina. Such arrangement makes them more prone to injury and subsequent transmission of infections including the sexually transmitted diseases. The anal sex increases the risk of persistent HPV infection, leading eventually to anal cancer.<sup>[9,10]</sup> Also, the anal orifice is narrow; and the anal sphincters are tighter than that of vagina making them more liable to injury at the sexual act. Despite most authors mentioned the drawbacks on

the anoreceptive subjects, little attentions have been paid to the other partners. This is of particular importance as the male is the main driver for anal sex<sup>[11]</sup>; and forces the female to have anal sex, often unprotected by condoms.<sup>[12]</sup>

Intromission of the tip of sterile urethra into the infected region soiled with stool, permits the ascent of infection to the urinary tracts and kidneys. This results in renal nephritis. Repeated anal sex leads to chronic pyelonephritis, a chronic interstitial nephritis. Such chronic infection represents the fourth most frequent cause of chronic renal failure.<sup>[13]</sup>

Urinary tract infections most often affect women in the fertility period of life.<sup>[13]</sup> The ascending infections are more common in females than in males due to the anatomical short female urethra.<sup>[14]</sup> The rectum is most highly contaminated with bacteria in the body as it is the site for storage of stool till its discharge through defecation. So, it is unsafe for urogenital organs. It is estimated that up to 85% of cases of urinary infections are caused by *Escherichia coli*.<sup>[13]</sup> This type of bacteria is commonly found in the gut of humans.<sup>[15]</sup> Basic good hygiene practice is recommended especially in females to prevent such bacteria from contaminating the urethral orifice and urinary tracts.

Men who engaged with such unprotected anal intercourse are more likely to have urogenital infections. Repetition of such infections could lead to renal failure. Therefore, strict hygiene for such soiled area is necessary. This should include the evacuation of the rectum and use of antiseptic lubricant before the act to lessen the harm. Moreover, it is advocated to use the condom to reduce the possibility of infection transmission. However, its effect to reduce transmission of sexually diseases in anal sex is low.<sup>[2]</sup> Health education should take its role in clarifying the risks of such bad practice on both partners. Future

studies are recommended to highlight the prevalence of renal problems among men who shift to anal coitus instead of the natural vaginal route.

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