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# Medical problems in the honeymoon in newly married couples: An overview

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**Abstract:** This is an overview on the medical problems, which might occur in the honeymoon period. The medical problems include several uncommon conditions. The most discussed ones in the medical literature are honeymoon cystitis and vaginismus. Future couples are also prone to skin diseases from overuse of cosmetics before wedding. A particular attention, in our paper, is given to the potential sexual injuries which may occur to the couples in this period together with a discussion on how to decrease their occurrence.

**Keywords:** Diseases, Honeymoon, Marriage, Sex

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## 1. Introduction

A honeymoon is a holiday taken by newlyweds to celebrate their marriage. It is known tradition in many parts of the world. Honeymoons are often celebrated in destinations considered exotic and/or romantic.

Newly married couples faces special psychological and social circumstances. Couples in this period are prone to any medical problems which may occur in any time during their life periods. Moreover, a future husband or wife with systemic diseases such as diabetes may experience difficulty in controlling their diseases at this period due to psychological and physical stresses.

However, our aim was to review the conditions reported in medical literature linked in particular to the honeymoon period. We performed a search in the PubMed; a well-known scientific database with appropriate search words. The results we obtained are summarized table.1<sup>1-18</sup>.

It is of paramount for health care providers to know about the potential medical problems that may face honeymooners, in order to provide them with the proper and the needed education and advices.

## 2. A Perspective from Saudi Arabia

The authors of this paper think that there are hidden cases of sexual injuries to the newly married girl's. This problem are not projected well in our country due to the

conservative nature of our society. Sexual injuries in the early marital life may have deleterious physical and psychological impacts on both partners.

The Saudi Royal Cabinet issued the Saudi Royal Decree on Sep 2003, establishing the pre-marital examination as a health preventive measure for all Saudis, and requesting the 2 prospective partners (male and female) to carry out a pre-marital examination and present a certificate of pre-marital examination before the wedding<sup>18</sup>.

This program was established primarily to decrease the burden of hereditary blood disorders. However, the program expanded to include testing the future partners for viral diseases like hepatitis and HIV.

## 3. Conclusion

We believe that the integration of health education to the partners on the proper sexual practice shall make the pre-marital examination program more useful and could prevent sexual injuries in the start of marital life.

The education program may utilize the Islamic texts as all Saudi are Muslims.

In the holy book of Islam "Quran", it is written "It is made lawful for you, in the nights of fasts, to have sex with your women. They are apparel for you, and you are apparel for them. Allah knows that you have been betraying yourselves, so He relented towards you and pardoned you. So now you can have sexual intimacy with them and seek

what Allah has destined for you". [al-Baqarah 2:187].

A garment brings satisfaction, comfort, protection and warmth! These are the things a husband must strive to give his wife during intercourse!

Islam stresses that the act of sex should be to please both partners. Prophet Mohammad peace be upon him advice for foreplay, which is very important to make the female physically and psychologically ready for the act of sex and

hence provide a good measure to protect against sexual injuries.

Foreplay between the spouses before actually engaging into sexual intercourse is immensely important (especially for the wife) and a vital ingredient for a happy and prosperous marriage. That is why the prophet forbade sexual intercourse without foreplay, to guarantee and to protect the sexual pleasures and rights of the wife in bed<sup>19</sup>.

**Table 1<sup>1-17</sup>.** Selected problems reported in medical literature linked to honeymoon period:

The medical problems	Remarks
Honeymoon asthma <sup>1</sup> .	This is a suggested term for a rare but known entity-asthma provoked by sexual activity at a level of physiological stress below that required to trigger exercise-induced asthma.
Honeymoon cystitis <sup>2</sup> .	Also known as "honeymoon disease". The symptoms are the same as with cystitis triggered by something other than sex. The disease predominantly affect women, because their urethra is much shorter than the male urethra. It can be prevented by drinking plenty of water, going to the bathroom as often as you need to, and peeing right after sex. Management includes proper use of antibiotics. Urethroplasty should be considered in suitable cases when conservative methods of treatment have failed, and especially in patients whose urethral meatus lies in an intravaginal position.
Honeymoon impotence <sup>3-5</sup> .	It is a failure to be successfully involved in sexual intercourse at the beginning of marriage, particularly in the first few nights. It can be due to psychogenic or vasculogenic erectile dysfunction. The evaluation of the penile vascular system in patients with honeymoon impotence is important. Sildenafil, Tadalafil, intracavernous injection therapy, and psychosexual therapy were used effectively in the treatment of honeymoon impotence.
Honeymoon meningitis <sup>6</sup> .	This is a term proposed for a rare case of <i>S. agalactiae</i> meningitis, reported in a previously healthy young woman following sexual intercourse for the first time. The vaginal flora was the verified source of infection.
Honeymoon Malaria and other tropical diseases <sup>7,8</sup> .	Travelers in general including those going for honeymoon are prone to get any endemic infectious diseases from the areas they are visiting. Proper medical advices and vaccinations should be sought from travel clinic before planning to travel. As an example vaccines for hepatitis A and diphtheriatetanus are recommended for all developing countries while Polio is still indicated for Asia and Africa.
Honeymoon psychosis <sup>9</sup> .	This term is suggested for a type of psychosis observed in Japanese honeymooners in Hawaii. The tradition of arranged marriage and other cultural factors were claimed to be a precipitating factor.
Honeymoon rhinitis <sup>10</sup> .	It refers to a nasal congestion which occurs during sexual intercourse. It appears to be genetically determined, and caused by the presence in the nose of erectile tissue which may become engorged during sexual arousal. In the same context, it is also important to note, that nasal congestion is a reported side effect of Viagra use.
Sexual injuries <sup>11-15</sup> .	Sexual injury occurred in women as vaginal laceration and in man as penile fracture. The commonest site of injury for the females was the posterior vaginal fornix. It is postulated that these vulnerable sites of vaginal laceration may be due to the dextro-rotation characteristics of the uterus and the distensibility of the vagina in this area. A It is caused by the use aggressive sexual technique by the males and disproportionate genital size between the partners. Female genital mutilation (FGM) which is not uncommon in developing countries may be a factor for this problem and other sexual dysfunction such as dyspareunia.
Skin disaeses <sup>16</sup> .	Males and females planning for wedding are interested to look good and hence they are susceptible to various skin diseases like contact dermatitis from cosmetics. Existing infectious genital skin diseases in one partner may be transmitted to his or her partner.
Vaginismus (vaginism) <sup>17</sup> .	It is the physical or psychological condition that affects a woman's ability to engage in any form of vaginal penetration, including sexual intercourse. It is an overlooked topic in conservative societies. Conventional therapy proved effective in mild and moderate cases, while botulinum toxin has a more rapid effect and was thus more effective in severe cases <sup>8</sup> .

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