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February 5, 20091 min readTake a trip through Scientific American's Worm Gallery and meet the charming, slinky creatures that turn your innards into their home sweet homeBy Coco Ballantyne If you're enjoying this article, consider supporting our award-winning journalism by subscribing. By purchasing a subscription you are helping to ensure the
future of impactful stories about the discoveries and ideas shaping our world today. Worms have been around. About half the world's population (over 3 billion people) are in infected with at least one of the three worms forming what Columbia University parasitologist Dickson Desponmier
calls the "unholy trinity"—large roundworm, hookworm and whipworm. Most of those afflicted live in developing countries, where there is not enough clean drinking water or effective sanitation systems to keep infected feces from contaminating food and water, and where human excrement is used to fertilize crops. The most prolific parasitic worm in
the U.S. and European Union: the pinworm, which is most common during childhood. Despommier kindly lent ScientificAmerican.com images of the unholy trinity and their worm relatives, which also appear in his book Parasitic Diseases. As you browse through these slides, please remember that all of these infections are treatable. Slide Show: Worms
'N Us Note (2/6/09): Two of our readers, froynlaven and Nathaniel, pointed out that this slide show might need a warning. So be advised, some of the images are graphic depictions of medical conditions. find a large worm, a piece of worm or worm eggs in your poohave a red, itchy worm-shaped rash on your skinhave sickness, diarrhoea or a stomach
ache for longer than 2 weeksare losing weight for no reasonThese could be symptoms, so tell the GP if you have been abroad in the last 2 years. Parasitic worms and other unhealthy organisms can
infect humans. They transfer through contaminated food and water. These worms love the environment in your intestinal tract and can survive for months and even years without being noticed. They can cause several complications, from a poor night's sleep to malnutrition and intestinal blockages. Hundreds of different types of worms can infect
humans, and they come in all sizes and shapes. Keep reading to learn more about parasitic worms with their pictures of Worms in Humans 1. Round Worms These large, round worms are present around the world. These pencil-thick worms can be several inches long and are further divided into different categories. The
most common example is trichinella spiralis. You acquire these round worms through undercooked contaminated pork meat. Symptoms of infection: These parasites can move from intestines to your muscles and other organs. They can form cysts in your organs and cause symptoms such as muscular and joint pain, and swelling of the
eyes with skin rash. 2. Flukes These types of parasitic worms are about half an inch long with about a millimeter of thickness. They are most commonly found in Africa, South America, and the Caribbean, and cause several
complications. Presence of these eggs in the urine and stool helps make a diagnosis. 3. Tapeworms These are basically flat segmented parasitic worms and live in the intestines. They can be of different types, such as the following: Fish Tapeworm: It may be longer than 10m and usually spread through infected freshwater fish. It is more common in
Russia, Europe, and America. Beef Tapeworm: These tapeworm: These tapeworm: It is more common in cats and dogs, but humans can also become infected by ingesting contaminated dog fleas. You may find rice sized particles in your stool after
you become infected with dog tapeworms. 4. Ascaris Worm Pictures of worms in humans will show that Ascaris is the most common human worm infection. These worms can be large and round with a length of up to 31cm. Male Ascaris worms do
not usually move and absorb nutrients from the organs. Almost all humans get this type of worms from time to time. 5. Hookworm These worms, you will experience symptoms such as loss of appetite, abdominal pain, iron and protein deficiency, craving to
eat soil, skin irritation, mental dullness, and delayed puberty. In rare cases, these worms can lead to cardiac failure and death. 6. Threadworm or Pinworm They are the most common types of worms, especially in children. They can be about half an inch in length but lay about 15,000 eggs every day at the opening of your anus. The most common
symptoms include irritation and itching of the vagina or anus. You may also experience insomnia, digestive disorders, nervousness, and irritation. These worms come out through the anal opening at night to lay eggs. These eggs can spread through air and infect others as well. They can also pass through sharing of toys, foods, etc., and are not
affected by disinfectants. 7. Whipworm A look at pictures of worms in humans shows that whipworms have whip-like shape and are up to a couple of inches long. They infect millions of people worldwide and spread when humans put contaminated fingers in the mouth. They may also spread through contaminated food. When the infection is not severe,
you usually do not experience any symptoms. In severe cases, you notice pain in the lower abdomen, bloody stools, nausea, weight loss, and anemia. Heavy infections may cause retarded growth in children. Medications are available to help treat these parasitic infections. Sources of Worms in Humans After knowing the common types of parasitic
worms and seeing pictures of worms in humans, it is important to shed some light on the most common sources of worms in humans. You become infected when you follow poor hygienic practices. They spread through poorly sanitized water and food as well as poor personal hygiene. They can travel through water, food, and environment, or even
through pets and insects. You can even become infected through sexual intercourse. You are more likely to develop a parasitic infection when your immune system is weak due to over refined carbohydrates, sugar, heavy metals, alcohol, stress, or other health conditions. Consuming too much of dairy, wheat, coffee, and tap water also increase your
risk of becoming infected with these parasitic worms. Ways to Avoid Being a Host to Parasitic Worms You can take certain steps to protect yourself from these parasitic worms. For instance: Never eat food that you think may have been contaminated with
human waste. Avoid drinking or eating food where people do not practice sanitary disposal of human waste. Never eat raw fish or meat of any kind. Peel, wash, and cook all vegetables and fruits thoroughly before eating. Tell kids to never put fingers in their mouths. Wash your hands thoroughly before and after using the bathroom or changing a
diaper. Never share your towels and washcloths with others. Avoid tap water and drink bottled water when in areas with poor sanitation. Dispose of used diapers properly. Intestinal worms are organisms that feed off the human body. Tapeworm, hookworm, pinworm, and other types of worms affect the body in different ways. A person may notice
worms in stool. Types of intestinal worms include tapeworm, hookworm, liver fluke, threadworm, Ascaris, which causes ascariasis, and Trichinosis. Intestinal worms can cause many symptoms, and some of these resemble the symptoms of other gut conditions. A prompt, accurate diagnosis can prevent complications. Most cases
respond well to treatment, which usually involves medication. This article looks at different types of intestinal worms, the symptoms they cause, who is at risk, and the treatment available. Worms can happen anywhere. Factors that
increase the risk of worm infections include:eating raw meat or fishpoor hygienehaving in a hot or tropical climatehaving a low incomePinworms, the most common type of worms in the U.S., are more common in places where people live or spend time closely together, such as child care settings and
residential care homes. Various types of intestinal worms can affect human health, such as: A tapeworm is a type of flatworm that lives in the intestinal wall. The Centers for Disease Control and Prevention (CDC) estimate that fewer than 1,000 new cases of tapeworms occur each year in the U.S. There are several
types, including: Taenia solium (T. solium): This type comes from raw or undercooked pork. It is more common in South America, Eastern Europe, sub-Saharan Africa, India, and Asia, but it also occurs in the U.S.T. asiatica: This type comes from beef or pork and mostly occurs in Korea, China, Taiwan, Indonesia, and Thailand.T. saginata: This type
comes from undercooked beef or pork and occurs mainly in places where people eat raw beef, such as Eastern Europe, Russia, eastern Africa, and South America. Tapeworm have no symptoms, or only mild symptoms. If
symptoms do occur, they may include:painloss of appetiteweight lossdizzinessupset stomachpassing fragments of tapeworm in the stoola severe headachevision lossseizuresdeathExperts believe that in areas where it occurs, T. solium is responsible for up to 70% of epilepsy cases. Praziquantel (Biltricide) can remove a tapeworm. This drug paralyzes
the worm, forcing it to detach from the intestinal wall. It then helps dissolve the worm so it can pass through the skin — for
instance, if a person walks barefoot on contaminated soil. Once inside, they find their way to the small intestine and lay eggs. A person can pass them on through defecating outdoors, such as in bushes, or by using feces as fertilizer. One type of hookworm can also enter the body if a person consumes the larvae in food or on the hands. According to the
CDC, hookworm affects around 576-740 million people worldwide. In the past, hookworm was common in the southeastern U.S., but numbers have fallen due to improvements in living conditions. More serious
complications include protein loss and anemia due to blood loss. Doctors may prescribe medications such as albendazole to treat hookworm, usually for 1-3 days. Two types of liver fluke, Clonorchis and Opisthorchis, can enter the body when a person eats contaminated raw or undercooked: Another liver fluke, Fasciola, can occur
anywhere there are sheep or cattle. The larvae can enter the body if a person eats contaminated watercress or other water plants. Most people with flukes will not have symptoms, but an infection that lasts a long time can lead to severe symptoms and complications. Without treatment, infection can last for up to 25-30 years, which is the life span of
these parasites. If a person has symptoms, they may experience indigestionabdominal paindiarrhea or constipationnausea Treatment for flukes involves taking medications. For many flukes, the drugs of choice are praziquantel. For Fasciola, it is triclabendazole. A pinworm is a small, thin roundworm around the length of a staple. They are relatively
harmless and can live in the colon and rectum of humans. A person can pass the worms on to someone else through direct contact or by sharing a contaminated object with them, such as food, clothing, or bedding. Bathing with others can also allow the eggs to spread. Washing regularly can help prevent pinworm infection or re-infection. Showering is
best, as this washes away any eggs down the drain. Prescription and over-the-counter (OTC) medications can remove pinworm. A person will need treatment. Ascaris is one of the most common parasites globally, affecting up to 1.2 billion people around the world. It causes the
disease ascariasis. It is uncommon in the U.S.Ascaris is similar to a hookworm but only a few inches long. It lives in contaminated soil. It can enter the body when people ingest the eggs on fruits or vegetables that have not been carefully washed, peeled, or cooked. A person with Ascaris can pass on the eggs in feces. Individuals with an ascariasis
infection may have:no symptomsmild abdominal pain or discomfortcoughing and wheezingintestinal blockage, in severe casesliver blockages transfer and so affect growth in children due to malnutrition. Antihelminthic drugs, which aim to remove worms from the body, can treat ascariasis. A doctor may prescribe albendazole or mebendazole for 1-3
days. Trichinella are a type of roundworm. A person can ingest them by eating undercooked or raw meats from animals, such as pigs, as well as wild animals, as well as w
homemade jerky, sausage, and similar products. Contaminated meat contains live larvae the intestines and live in other tissues, such as the muscles. Trichinella infection is relatively rare in the U.S., but it can affect those who eat game meats or hunt for
food. This type of worm causes the disease trichinosis. Abdominal symptoms can appear 1-2 days after eating contaminated meat, and other symptoms can appear as soon as possible if they notice symptoms. A person should seek medical help as soon as possible if they notice symptoms.
seek medical advice if they:have abdominal symptoms, such as diarrhea, lasting more than 2 weekslose weight unexpectedlyhave itching around the anusfind a worm or piece of a worm on toilet paper or stoolSome antiparasitic medications are available over the counter, but people should speak with a health professional before using them to check
they are the right drug. Not all medications for parasites are not suitable for everyone. For example, some may not be safe during pregnancy. A doctor may ask about a person's symptoms, whether they have travelled recently, and dietary habits, such as whether they eat raw meat
or fish. Various tests can help diagnose intestinal worms, such as:stool testsblood tests do not show the cause of symptomsimaging tests to check other organs for signs of damagea tape testFor pinworms, the tape test may help with diagnosis. This involves using sticky tape to touch the skin around the anus to see if there
are worms or eggs. A person should do this for 3 days on waking up. Always wash the hands before and after doing this. Intestinal worms can sometimes lead to complications. How these affect the body will depend on the worm, but possible complications include: an emia and other nutritional deficiencies, due to difficulty absorbing nutrients intestinal worms.
blockage problems with lung and heart function human cysticercosis, which can result in vision loss and seizures In some cases, the complications stemming from untreated parasites can be life threatening. People can take steps to reduce the risk of having worms. Essential measures include: washing the hands regularly, especially after using the
bathroom and before handling food or eatingavoiding sharing clothing, bedding, and other personal itemsavoiding walking barefoot in places where soil-transmitted worms are presentavoiding defecating in fields and other personal itemsavoiding defecating in fields and other personal itemsavoiding walking barefoot in places where soil-transmitted worms are presentavoiding defecating in fields and other personal itemsavoiding walking barefoot in places where soil-transmitted worms are presentavoiding walking barefoot in places.
lower the risk include:never eating undercooked or raw meatscooking red meat and fish to an internal temperature of 160°F (71.1°C), and poultry and leftovers to an internal temperature of 165°F (73.87°C) using separate cutting boards for meats and vegetablesthoroughly washing and
peeling all fruits and vegetablesusing boiled or treated water for drinking and washing foodsfreezing pork in pieces less than 6 inches thick for 20 days at 5°F (-15°C) to kill wormscleaning meat grinders thoroughly after use avoiding swimming or bathing in water that may be contaminated.
meat may not kill worms. Below, we answer some questions people often ask about intestinal worms. In some cases, a person may have diarrhea, or notice a worm on feces. Often, however, there are no symptoms. A doctor will recommend medication after identifying which type of worm is present. Depending on the type of worm,
people of any age can get worms from eating raw or undercooked meat or seafood, swimming in or drinking contaminated water, and walking barefoot in places where worms are present. Sharing objects such as clothing or bedding and not washing the hands regularly also pose a risk. Intestinal worms are present. Sharing objects such as clothing or bedding and not washing the hands regularly also pose a risk. Intestinal worms are present.
intestine. This can reduce the amount of nutrients a person's body absorbs. No, this is a myth. Worm infections are more common in areas with a lack of sanitation and clean water, or in places where people eat raw or undercooked meat and fish as part of their diet. There are few high quality studies on natural treatments for intestinal worms. A 2017
mouse study suggests that wormwood might help, but large trials in humans are necessary to confirm it is safe and effective. Do we all need a parasite cleanse? Intestinal worms for a number of reasons, such as consuming raw or undercooked
meat or seafood, sharing personal items with others, drinking or swimming in contaminated water, walking barefoot outdoors, and not washing their hands regularly. Some worms cause few or no symptoms, but some can cause severe complications over time. Anyone who believes they may have an intestinal worm should contact a doctor as soon as
possible for a diagnosis and prompt treatment. Effective treatment usually involves the use of medication. GastroIntestinal / Gastroenterology Infections Information Center Parasite cannot live, grow, and multiply. It is very rare for a parasite to kill the
host but it can spread the disease and some of them can be fatal. The risk of parasitic infection Are: Nausea Lack of appetite Abdominal pain Diarrhea Weight loss weakness Tapeworm is a type of flatworm and looks like a
long white ribbon. The eggs or larvae of which are present in contaminated water. A person can get tapeworm by drinking this water. Tapeworm can live in human for up to 30 years. Along with the other symptoms of parasitic infection, the tape worm can lead to: lumps
allergic reactions fever seizures Flukes are also a type of flatworms which live in the intestine, blood, and tissues of a human. They do not reach more than a few inches in length. Humans are less likely to get infected from flukes when compared with animals. Flukes gain access to the human body through raw watercress and other freshwater plants,
and also by drinking contaminated water. Additional symptoms of fluke infection are: Hookworms live in the small intestine of humans. They attach themselves to the intestinal wall with a hook. Their length is usually less than half an inch long. They are transmitted through feces and contaminated soil. One can get the infection by walking bare feet
on the soil contaminated with the hookworm larvae. Hookworm larvae. Hookworm infection symptoms include: Itchy rash Anemia fatigue Pinworms are most commonly occurring parasites in the children. They are tiny and harmless worms. When fully matured they live in the colon and rectum. A female pinworm larvae in the anus at night. The eggs can survive in
the bedding, clothing and other materials. It is transferred to the caregivers and in the institutions. Pinworms can be easily treated. The research found pinworm as a rare cause of acute appendicities. Trichinosis worms are passed among
animals. Human gets it by eating undercooked meat which contains larvae. The larva matures in the intestine to blood and other tissue. This can cause symptoms such as: Following tips can help prevent parasitic worm infection. Do not eat raw and uncooked meat, fish or poultry Clean animal
waste Disinfect cutting boards, utensils, and countertops Avoid walking bare feet in the soil which may be contaminated Wash hands before eating, after using the toilet, changing diaper, or touching the animal waste. While traveling, be aware of where food is prepared, drink only bottled water, and carry hand sanitizer for places where soap and
water are not available. Intestinal parasites include worms and single-celled organisms that live in your intestines. A parasite is an organism that live of another organism that live in your intestines. A parasite is an organism that live in your intestines are not available. Intestinal parasites include worms and single-celled organisms that live in your intestines are not available. Intestinal parasites include worms and single-celled organism that live in your intestines are not available. Intestinal parasites include worms and single-celled organism that live in your intestines are not available. Intestinal parasites include worms and single-celled organism that live in your intestines are not available. Intestinal parasites include worms and single-celled organism that live in your intestines are not available. Intestinal parasites include worms are not available worms are not available. Intestinal parasites include worms are not available worms are not available. Intestinal parasites include worms are not available worms are not available. Intestinal parasites include worms are not available worms are not available worms. In the not available worms are not available worms are not available worms. In the not available worms are not available worms are not available worms. In the not available worms are not available worms are not available worms are not available worms. In the not availa
spreading. In return, intestinal parasites provide zero benefits. Instead, they can cause unpleasant symptoms and (in some cases) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasitic intestinal parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasites) pose serious health risks. What are the types of intestinal parasites include helminths (parasites) pose serious health risks.
worms) Helminths include various roundworms (with round bodies) and flatworms (with flat bodies) and flatworms (with flat bodies) and flatworms (with flat bodies). Although they thrive and grow in your feces (poop). The species survive because other people (unknowingly) come into contact with the eggs and become
new hosts. Intestinal worms include: Pinworms (enterobiasis): These thread-like worms spread when you touch a surface contaminated with pinworm eggs and put your hands to your mouth. The eggs hatch in your small intestine. At night, female adults lay eggs around your anus (butthole). The process can cause anal itching. Scratching the area and
touching a surface without washing your hands transmits the eggs. Ascaris (ascariasis): Through a microscope, these worms look like tiny earthworms. They spread if you ingest the eggs after coming into contact with contaminated soil. "Contaminated soil on tains poop with worm eggs in it. This can happen in places where people poop
outside because of limited or no access to toilets. Ascaris also spreads in places where people use human feces as fertilizer to grow produce. Whipworms (trichuriasis): Whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris also spreads in places where people use human feces as fertilizer to grow produce. Whipworms get their name from their whip-like shape. As with Ascaris, whipworms get their name from their whip-like shape. As with Ascaris also spreads in places where people use human feces as fertilizer to grow produce. Whipworms get their name from their whip-like shape. As with Ascaris and the produce of 
have hook-like heads they use to attach to your intestine walls and feed. Like Ascaris and whipworms, hookworms spread through contaminated soil. What's different is that the eggs in the soil mature into larvae. If you walk on the soil barefoot, the hookworms can enter your body through your skin. Strongyloides (strongyloidiasis): These worms also
spread through contact with contaminated soil. You can ingest them by mouth, or they can enter your body if you're walking around barefoot. Unlike other helminths, Strongyloides can reproduce inside a host. Tapeworms (taeniasis): These segmented worms have bodies resembling ribbons. They live in the digestive tracts of human and animal (pigs,
cows and fish) hosts. They spread when you ingest their eggs or larvae in undercooked pork, beef or fish. Or, you can get a tapeworm infection if you touch a surface contaminated with eggs and then touch your mouth. Trichinella (trichinosis):
heterophysiasis. Protozoa Like helminths, protozoa spread when you ingest trace amounts of poop that contain the eggs. They commonly spread through contaminated water or fruits and vegetables. But protozoa can also reproduce inside a human host. Common types include: Giardiasis). Entamoeba histolytica (amebiasis). Cyclospora
(cyclosporiasis). Cryptosporidium (cryptosporidiosis). Blastocystis species (Blastocystosis). Cystoisospora belli (cystoisosporiasis). What is the most common intestinal parasite? According to the World Health Organization (WHO), approximately 25% of the world's population has an infection related to an intestinal parasite. In tropical and subtropical
 areas with limited access to clean water and sanitation, that number is as high as 50%. The most common intestinal parasite infections are from protozoa, especially the giardia parasite. Pinworms are the most common intestinal worm in the U.S.,
Yes, unfortunately, living worms can and do reside in the human body. These parasitic worms, also known as helminths, can cause a range of infections and how to get rid of them is crucial for maintaining good health. It's important to
note that not all parasites are worms; parasites also include protozoa and ectoparasites. Read on to learn more. Understanding Parasitic Worms? Parasitic Worms? parasitic worms are organisms that live in or on a host organism (in this case, humans) and derive nutrients at the host's expense. They vary in size, shape, and the
ways they infect humans. Common types include: Roundworms (nematodes): Examples include Ascaris, hookworms, and pinworms. Flatworms (platyhelminths): This group includes tapeworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms ways they infect humans. Common types include: Roundworms (trematodes): Flat, leaf-shaped worms (trematodes): Fl
that infect various organs, like the liver or lungs. How Do Worms Enter the Human Body? Worms can enter the body through several routes: Ingestion: Consuming contaminated food or water is a primary route of infection. This can include undercooked meat, unwashed fruits and vegetables, or water containing worm eggs or larvae. Skin Penetration
Some worms, like hookworms, can actively burrow through the skin, particularly through the skin, particularly through the skin, particularly through the bites of infected insects, such as mosquitoes or deer flies. Animal Contact: Contact with pets or other animals carrying
worms can lead to human infection if proper hygiene isn't maintained. A dog or cat can be infected when they swallow dirt with dog or cat feces that has worm eggs or larvae. Symptoms of Worm Infestation of the infection, and the overall health of the individual
Common symptoms include: Digestive Issues: Diarrhea, abdominal pain, nausea, vomiting, and unexplained weight loss. Skin Problems: Itchy rashes, particularly around the anus (common with pinworms), or migrating skin lesions caused by larval migration under the skin. Fatigue and Weakness: Worms can deprive the body of essential nutrients,
leading to fatigue and weakness. Presence of Worms in Stool: Visible worms or worm segments in the stool. Other Symptoms: These may include anemia, coughing (if worms migrate to the lungs), and neurological symptoms in humans, such as sleeping irregularities, skin irritation, mood changes, and muscle pain,
can all be caused by the toxins released by the parasites into your bloodstream. Diagnosis and TreatmentDiagnosis 
(eggs) or the parasite. Blood Tests: Detecting antibodies or antigens related to specific worm infections. Imaging Tests: X-rays or other imaging techniques may be used to identify worms in certain organs. Skin Scrapings: In cases of skin infestations like scabies, skin scrapings are examined under a microscope. Treatment usually involves anthelmintic
 medications, which are drugs specifically designed to kill or paralyze worms. Common anthelmintic medicines include mebendazole, thiabendazole, thiabendazole, ivermectin, and praziquantel. The specific medication and dosage will depend on the type of worm and the severity of the infection. Prevention Strategies Preventing worm infections is crucial
Key strategies include: Good Hygiene: Thoroughly wash hands with soap and water, especially before meals and after using the restroom. Safe Food Handling: Cook meat thoroughly, especially pork and fish. Wash fruits and vegetables carefully. Safe Water: Drink water from safe sources or boil water to kill any potential contaminants. Avoid Walking
Barefoot: Especially in areas where soil may be contaminated with human or animal feces. Regular Deworming: In areas with high rates of worm infections, regular deworming is recommended, particularly for children. Worms are a very common source of illness for both adults and children, so experts recommend that deworming should be done two areas with high rates of worm infections, regular deworming is recommended, particularly for children.
times a year, or every six months, beginning at the age of two years. Deworming is not always necessary, but is recommended for children who live in endemic areas once a year when the prevalence of soil-transmitted parasitic worms in the
community is 50%. Pet Care: Regularly deworm pets and practice good hygiene when handling animals and their waste. A dog or cat can be infected when they swallow dirt with dog or cat feces that has worm eggs or larvae. Vector Control: Use mosquito nets and insect repellent to prevent insect bites that can transmit certain parasitic
worms. Frequently Asked Questions (FAOs) About Worms in Humans 1. Are all parasites in humans worms, and ectoparasites are worms, and ectoparasites are worms, helminths are multicellular worms, and ectoparasites are organisms.
like lice and bed bugs that live on the surface of the host.2. What kind of worms can live under human skin, including Loa Loa (spread through deer-fly bites), filarial worms, and larvae of certain hookworms. These worms can cause various skin conditions and symptoms.3. How do you tell if you have
a worm under your skin? Signs of a worm under the skin include pink or red curving tracks known as larva migrans or larva currens. The tracks may be raised and cause intense itching. 4. What does it look like when you have worms in your skin? Threadworms look like tiny pieces of white cotton. Roundworms look more like earthworms. Hookworms
can cause a red worm-shaped rash. The twisted shape of the worm is raised and easy to see.5. How often should humans deworm themselves? Worms are a very common source of illness for both adults and children, so experts recommend that deworming should be done two times a year, or every six months, beginning at the age of two years.
Deworming is the process of eliminating intestinal parasites, such as worms, using medication. Deworming is not always necessary, but is recommended for children who live in endemic areas once a year when the prevalence of soil-transmitted
parasitic worms in the community is 50%.6. How do I know if I have parasitic rash look like? Scabies is caused by an infestation of
tiny mites which burrow into your skin. Their presence usually appears as an itchy, pimple-like linear rash. The mites lay eggs which then hatch and spread to other infections that humans can get from animals, are called zoonotic (zoe-o-
NOT-ick) infections or zoonoses (zoe- o-NO-sees). A dog or cat can be infected when they swallow dirt with dog or cat feces that has worm eggs or larvae.9. How can I test myself for parasites? CDC recommends that three or more stool samples, collected on separate days, be examined. This test looks for ova (eggs) or the parasite. Your health care
provider may instruct you to put your stool specimens into special containers with preservative fluid. 10. Can you still poop if you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms? What does poop look like when you have worms?
 however, there are no symptoms.11. What are silent signs you could have a parasite?Parasite symptoms in humans, such as sleeping irregularities, skin irritation, mood changes, and muscle pain, can all be caused by the toxins released by the parasites into your bloodstream. These toxins could even cause anxiety, which tends to manifest itself in
irregular sleeping patterns or teeth grinding.12. Do most humans have parasites? Parasites infection because they have few symptoms. Others may have serious illnesses.13. Can parasites live in you without you
knowing? Since they're invisible to the naked eye and don't always cause immediate symptoms, protozoa are much harder to detect. People can live for years not knowing they're infected. 14. Is there an over the counter dewormer for humans? The drug is FDA-approved for pinworm infestations. It is also effective for treatment of infections caused by
other types of roundworms, hookworms, and whipworms. It is available without a prescription as a generic medication or under brand names such as Antiminth, Reese's Pinworm Medicine, Ascarel, and Pin-X.15. How do you deworm yourself? Use an anthelmintic medication or under brand names such as Antiminth, Reese's Pinworm Medicine, Ascarel, and Pin-X.15. How do you deworm yourself? Use an anthelmintic medication or under brand names such as Antiminth, Reese's Pinworm Medicine, Ascarel, and Pin-X.15.
mebendazole, thiabendazole, and albendazole, and albendazole, starve and kill the worms. Other medicines, like ivermectin and praziquantel, paralyze the worms so they pass in your stool.16. What can I do to become more environmentally literate? Visit The Environmental Literacy Council at enviroliteracy.org to learn more about crucial environmental topics
Becoming better informed and more conscious about our environmental footprint is essential. Conclusion While the thought of worms living inside the human body is unsettling, understanding the risks, prevention methods, and treatment options is essential for maintaining good health. By practicing good hygiene, ensuring food safety, and seeking
prompt medical attention when necessary, you can minimize your risk of worm infections and protect your well-being. Maintaining vigilance and awareness about parasitic worm infections are
surprisingly common, affecting a significant portion of the global population. While modern sanitation has drastically reduced worm prevalence in industrialized nations, they remain a major health concern worldwide, particularly in areas with poor sanitation and hygiene. The types of worms, the severity of infection, and the symptoms experienced
vary widely. Let's delve deeper into the fascinating, and sometimes unsettling, world of human worm infestations. The Wormy World Around UsUnderstanding Helminths Intestinal worms, technically known as helminths, are parasites that live in the human gut. They thrive by consuming nutrients from their host, which can lead to a range of health
problems. These aren't the earthworms you find in your garden; they are specialized organisms adapted to life inside the human body. The most common types infecting a large percentage of the global population. Hookworms: These nasty critters attach to
the intestinal wall and feed on blood, causing anemia. Whipworms: Smaller than roundworms, whipworms can still cause significant abdominal pain and diarrhea. Tapeworms (Cestodes): Flat, ribbon-like worms that can grow to impressive lengths inside the intestines. Primarily affecting children, these cause intense anal itching, disrupting
sleep.Prevalence: It's More Common Than You ThinkWhile you might assume worms are a thing of the past, consider these statistics: around half the world's population is infected with at least one type of intestinal worm. While the numbers are lower in developed countries, they are far from zero. Even in the United States, millions are affected, often
without even realizing it. Factors like travel to endemic areas, close contact with infected individuals, and poor hygiene practices can increase your risk. Why the Disparity? Sanitation is KeyThe dramatic difference in worm prevalence between developing nations highlights the importance of sanitation and hygiene. Modern plumbing
clean water sources, and proper waste disposal systems have significantly reduced the transmission of these parasites. In areas where these resources are lacking, worm eggs easily contaminate food, water, and soil, leading to widespread infection. The Environmental Literacy Council offers valuable resources on understanding these crucial
environmental health connections through its website at Diagnosis, and TreatmentRecognizing the SignsMany worm infections are asymptoms do occur, they can range from mild to severe, depending on the type and load of the infection. Common symptoms
include:Gastrointestinal Issues: Diarrhea, abdominal pain, nausea, vomiting, and bloating are frequent complaints. Changes in Stool: You might notice worms or worm segments in your stool. Anal Itching: Particularly common with pinworms, leading to restless sleep. Fatigue and Weakness: Anemia caused by hookworms can lead to persistent
tiredness. Weight Loss and Malnutrition: Worms can steal essential nutrients, leading to unintended weight loss. Skin Rashes and Itching: Some worms can affect the lungs, causing coughing or wheezing. Diagnosing the ProblemIf you
suspect you have a worm infection, it's crucial to consult a healthcare professional. They can perform various tests to identify the specific type of worm and determine the severity of the infection. Common diagnostic methods include: Stool Sample Analysis: Examining stool samples under a microscope can reveal the presence of worm eggs or
larvae. Tape Test: A simple test for pinworms, involving applying clear tape to the anal area to collect eggs. Blood Tests: In rare cases, X-rays or other imaging techniques may be used to visualize worms in the body. The Deworming Arsenal Fortunately, most
worm infections are treatable with anthelmintic medications. These drugs work by either paralyzing or killing the worms, allowing them to be expelled from the body. Common anthelmintics include: Mebendazole: Effective against a range of worms, including roundworms, hookworms, and whipworms. Albendazole: Another broad-spectrum
anthelmintic, often used for treating more severe infections. Primarily used for treating tapeworm infections. Ivermectin: Effective against a variety of parasites, including some types of treatment to ensure the worms are
completely eradicated. In some cases, multiple treatments may be necessary. Prevention is ParamountWhile treatment is effective, preventing worm infections is always the best approach. Here are some key prevention is ParamountWhile treatment is effective, preventing worm infections is always the best approach. Here are some key prevention is ParamountWhile treatment is effective, preventing worm infections is always the best approach.
toilet.Cook Food Properly: Cook meat and fish to the recommended internal temperatures to kill any potential parasites.Drink Clean Water: Avoid drinking untreated water, especially in areas with poor sanitation.Wash Fruits and Vegetables: Thoroughly wash fruits and vegetables before eating them to remove any contaminants.Wear Shoes: Avoid
walking barefoot in areas where soil may be contaminated with worm eggs or larvae. Control Insects: Mosquitoes and other insects can transmit certain parasitic worms, so take measures to control insect populations around your home. Regular Deworming: In endemic areas, regular deworming programs for children can help reduce the burden of
worm infections. Frequently Asked Questions (FAQs)1. Do most Americans have worms? No, the majority of Americans do not typically
recommended in developed countries with good sanitation. However, in areas where worm infections are common, the WHO recommends dewormer for humans? Mebendazole, albendazole, and praziquantel are commonly prescribed dewormers. The
best choice depends on the type of worm infection.4. Can worms go away on their own? Some tapeworm infections might resolve on their own, but most intestinal worm infections require medication.5. What is the most common parasite found in humans? Enterobius vermicularis, the pinworm, is the most common helminth in the United States.6. What
kills skin parasites in humans? Topical or oral medications, such as scabicides for scabies and insecticides for scabies and insecticides for lice, are used to kill skin parasites. A dermatologist can recommend the appropriate treatment. Thou do I check myself for worms? A stool sample analysis or a tape test (for pinworms) performed by a healthcare provider is the most reliable
way to check for worms. 8. What happens to your body if you don't deworm? Untreated worm infections can lead to malnutrition, anemia, abdominal pain, and other complications. 9. Are adults supposed to deworm? Untreated worm infections can lead to malnutrition, anemia, abdominal pain, and other complications.
in developed countries.10. What is the fastest way to get rid of worms in humans? Taking the prescribed anthelmintic medication as directed by a doctor is the fastest and most effective way to get rid of worms in humans? Taking the prescribed anthelmintic medication as directed by a doctor is the fastest and most effective way to get rid of worms. 11. Does Vaseline does not cure pinworm infections, but it can provide temporary relief from itching. Consult a
doctor for proper treatment.12. How many Americans have parasites? The CDC estimates that over 60 million people in the Human body? Roundworms, whipworms, and tapeworms are among the most
common helminths that infect humans.14. How much of the US has worms? Studies have shown varying prevalence is lower than in developing countries, but still present.15. Do worms live in all humans? No, worms do not live in all humans. Modern sanitation
has drastically reduced worm prevalence in industrialized nations. While the thought of worms living inside us can be unsettling, it's important to remember that most infections are treatable and preventable. By practicing good hygiene, maintaining a clean environment, and seeking medical attention when necessary, we can minimize our risk of
becoming hosts to these unwelcome guests. Download Article Spotting the signs of tapeworm, pinworm, hookworm, and more Download Article You're feeling a bit under the weather but aren't totally sure why. Could worms be the culprit? Don't panic—intestinal worms are pretty easy to detect on your own. We'll help you recognize some of the most
common symptoms of a worm infestation, as well as the typical warning signs for tapeworms, pinworms, and roundworms, whipworms, and roundworms, whipworms, and roundworms, and roundworms, whipworms, and roundworms, whipworms, and roundworms, and roundworm
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doesn't seem to be caused by anything, you may have worms. Worms can cause irritation in your gut that interferes with your digestion. This can cause less water to be absorbed into your body, making you constipated. For example, if you have eaten foods high in fiber, drank a lot of water, or done other things that normally help you to go to the
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underwear. If you find tapeworms in either of these areas, contact a doctor right away.[9] Tapeworms look like: Small pieces of thread. Whitish color. 2 Look to see if your eyes and skin have become pale. If you are concerned that you have tapeworms, look at your eyes and skin in the mirror. Tapeworms can cause you to have an iron deficiency
because they feed on your blood, which in turn lowers your blood levels. When your blood levels get reduced, you make notice that your skin and coloring of your eyes has become paler. Because tapeworms can lower your blood levels, you can also become anemic. Signs of anemia include an unusually rapid heartbeat, fatigue, shortness of breath,
dizziness, and challenges with concentration.[10] 3 Keep track of abdominal pain that is accompanied by nausea and vomiting. The abdominal pain that is accompanied by nausea, and tubes in your intestines, and in the intestines become blocked, you can begin to feel abdominal pain, nausea, and vomiting. The abdominal pain is normally
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rectum. When this occurs you might experience cramps in your abdomen. [20] 4 Take note if you suddenly develop an iron deficient include: [22] Extreme
fatigue and overall weakness. Pale skin and eyes. Chest pain and headache. Shortness of breath. Advertisement 1 Take note if you constantly feel like you need to pass stools. This condition is called tenesmus. Your body's immune system fights off an invading organism like worms, it can cause your digestive tract to become inflamed The inflammation
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while you are resting. 3 Seek medical help if you see worms when you blow your nose or go to the bathroom. When roundworms multiply, they may start to exit your body through different host. This means they start to exit your body through different host. This means they start to exit your body through different host. This means they start to exit your body through different host.
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has a special focus in Therapeutic Endoscopy. He received his Bachelor's, Master's, and Doctorate of Medicine degrees from The University of Utah. Dr. Khan completed his residency training at Eastern Virginia Medical School, where he was inducted into the prestigious Alpha Omega Alpha honor society. He then completed his fellowship training at
Lucile Packard Children's Hospital at Stanford University. He is a Fellow of both the American Society of Gastrointestinal Endoscopy (ASGE) and Nutrition (NASPGHAN). This article has been viewed 1,178,609 times. Co-authors: 17 Updated: November 10, 2024
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some of the most common symptoms of a worm infestation, as well as the typical warning signs for tapeworms, pinworms, hookworms, whipworms, and roundworms. Once you know which variety you're dealing with, you'll be one step closer to getting rid of these pesky parasites once and for all. You may have worms if you experience unexplained
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