

Typhoid Fever: Signs & Symptoms, Diagnosis & Test Report



Introduction

Typhoid, also called enteric fever, is a bacterial infection that spreads through contaminated food and water. Caused by a bacterium called *Salmonella Typhi* (S. Typhi), the infection affects the small intestine and the gastrointestinal (GI) tract. A typhoid blood test helps confirm the presence of the *Salmonella Typhi* bacterium. However, before treatment, it is important to identify the early signs and symptoms of typhoid fever.



Symptoms of Typhoid Fever

Typhoid can last for weeks if left untreated. The early signs and symptoms of the fever generally appear within 1-2 weeks of exposure. These symptoms include:

- Persistent high fever accompanied by chills and body aches.
- Abdominal discomfort, constipation or diarrhoea
- Headaches
- Loss of appetite
- Delirium, confusion, agitation
- Skin rashes with red-coloured spots on the body



Diagnosing Typhoid Fever

- Typhoid symptoms often overlap with common illnesses, such as flu, viral fever or dengue. Therefore, an individual's travel history is also taken into consideration.
- In regions where typhoid is prevalent or developing regions with poor sanitation and limited access to clean and safe drinking water, the typhoid fever test can help detect infections early and prevent complications.
- Doctors usually recommend a typhoid test panel to get a clear picture of the condition and provide an accurate diagnosis.
- The typhoid fever test package typically includes tests that analyse individual health, such as blood culture and sensitivity testing (the definitive diagnostic for active infection), a complete blood count test (to check overall blood parameters), a urine routine and microscopy test, and a Widal test (which detects antibodies to S. Typhi).

Understanding Typhoid Test Results

- A typhoid panel gives a general overview of an individual's health. Among parameters, the Widal test helps detect the presence of antibodies against S. Typhi. It helps in early diagnosis and monitoring of typhoid infection, especially in settings where more advanced diagnosis may not be easily available.
- The values and reference range in the Widal test, when interpreted in conjunction with clinical symptoms and often with paired samples (taken over time), can help the doctor identify an active or past infection.
- The presence of high titres of specific antibodies indicates the presence of Salmonella Typhi.
- Normal values in the Widal test are:
 - Salmonella Typhi (O) <1:80
 - Samonella Typhi (H) <1:160
 - Samonella ParaTyphi (A,H) <1:160
 - Samonella ParaTyphi (B,H) <1:160

Conclusion

Timely diagnosis of typhoid fever is essential to reduce the risk of complications and ensure timely treatment. Typhoid fever can mimic other illnesses, making early and accurate diagnosis critical. If you've had prolonged fever, fatigue, or digestive issues, don't wait—Book Complete Body Checkup in Hyderabad to include typhoid-specific tests (like Widal or Typhidot) along with a full assessment of your liver, kidney, and immune health.

Thank You