

# What Are The 5 Health Benefits Of Circumcision Surgery?

Did you know that circumcision is one of the oldest surgical procedures around? It's done to remove the extra skin covering the tip of the penis. Usually, a urologist, who is an expert in urinary tract issues, does this surgery.

When a baby is born, the skin is attached to the penis, but as they grow, it starts to separate and can be pulled back. If it doesn't pull back all the way, it can cause problems like the skin getting stuck or inflamed. But the good news is that circumcision can help prevent these issues!

While it's often done for religious or cultural reasons, there are several health benefits associated with circumcision. Here are five key health benefits of circumcision:

## 1. The reduced risk of Urinary Tract Infections (UTIs)

One of the major advantages associated with circumcision is the reduction in the risk of developing urinary tract infections, especially in newborn boys. UTIs are quite painful, but more importantly, if not treated quickly enough, they can result in serious kidney problems. Thus, removing the foreskin would reduce this risk because bacteria would not be trapped, leading to infection.

**Quick fact:** You may not know that among boys who are not circumcised, UTIs are really very common during the first year of life.

## 2. Reduced Risk of Penile Cancer

Unless one is considering penile cancer, which is rather rare, circumcision can reduce the potential risk of this cancer by a large percentage. Can harbor harmful pathogens that might contribute to cancer development. Their removal by circumcision reduces their chances of causing damage.

## 3. Reduced Risk of Sexually Transmitted Infections

Studies have proven that circumcision reduces the risk of acquiring sexually transmitted infections, including HIV, human papillomavirus, and herpes. The foreskin can house a warm, moist environment in which bacteria and viruses proliferate. Removing it reduces that possibility.

**Interesting Fact:** Circumcised males have a 60% lesser risk of acquiring HIV infection compared to uncircumcised males.

## 4. Good Hygiene.

It is easier to maintain good hygiene with circumcised men. Sometimes the presence of the foreskin makes cleaning the penis a bit difficult, thus accumulating a substance that causes odor and infection called smegma. Without the presence of the foreskin, this area is easily cleaned.

## 5. Prevention of Phimosis

Phimosis is a condition whereby the foreskin becomes too tight and does not allow itself to be pulled back over the head of the penis; this might further cause pain, swelling, and infections. Through circumcision, the risk of phimosis is completely eliminated since there is no foreskin that may tighten up.

**Interesting Fact:** Phimosis may occur at any time in life, but circumcision ensures it won't ever be a problem.

## Conclusion

These health benefits include lower risks for urinary tract infections, penile cancer, some sexually transmitted infections, and good penis hygiene, as a circumcised penis is comparatively easier to clean. Then, with circumcision, conditions like phimosis are completely avoided. While the decision to circumcise is very personal and may be driven by so much more, such health benefits cannot be ignored. [Circumcision Surgery](#) should be discussed with a healthcare professional if it is considered either for yourself or your child in order to make an informed decision.