

Fast Facts

Yeast Infection

-Also known as vaginal candidiasis

-Triggered when there's an abundance of fungus, candida albicans, in the vagina

-Aren't considered a sexually transmitted infection, but there's an increased risk of acquiring one with regular sexual activity (this can alter the natural balance of microbes in the vagina)

-Several factors that can cause an overgrowth of yeast, like pregnancy, uncontrolled diabetes, impaired immune system or using oral contraceptive/hormone therapy

-Most common cause overuse of broad-spectrum antibiotics

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Itching/irritation of the vagina/vulva -Burning sensation (especially during intercourse or while urinating) -Redness/swelling of the vulva -Vaginal pain/soreness -Vaginal rash -Watery vaginal discharge -Thick/white/odor-free vaginal discharge that looks like cottage cheese 	<p><i>Mild to Moderate:</i></p> <ul style="list-style-type: none"> -Antifungal creams, ointments, tablets or suppositories (available over-the-counter or prescription) -Antifungal pill (single dose) <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Antifungal pill (several doses) <p><i>Frequent:</i></p> <ul style="list-style-type: none"> -Antifungal pill (long-term) -Boric acid capsule suppository (if resistant to azole therapy) 	<ul style="list-style-type: none"> -Don't use antibiotics unless you really need them -Wear underwear that has a cotton crotch and isn't too tight -Avoid wearing tight-fitting pantyhose and staying in wet clothing (ex. swimsuits or sweaty workout attire) for long periods -Steer clear of douching, hot tubs and very hot -Don't use scented feminine hygiene products

©2020 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.