

Fast Facts

Thrush

-Also known as oral thrush or oral candidiasis

-Arises when the fungus *Candida albicans*, which normally occurs in the mouth, accumulates in abundance

-Typically, a person's immune system protects them from organisms like viruses, bacteria, and fungi. However, it doesn't always work the way it's supposed, meaning the number of candida fungus increases resulting in an infection

-More likely to occur in those with decreased immunity (ex. infants, elderly, and compromised immune systems)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p>-Creamy white lesions on the tongue, inner cheeks, and roof of the mouth, gums, and tonsils</p> <p>-Slightly raised lesions with a cottage cheese-like appearance</p> <p>-Redness, burning, or soreness that may cause difficulty eating or swallowing</p> <p>-Bleeding if the lesions are rubbed or scraped</p> <p>-Cracking and redness at the corners of the mouth</p> <p>-Cottony feeling in mouth</p> <p>-Loss of taste</p> <p>-Redness, irritation, and pain under dentures (denture stomatitis)</p> <p><i>Breastfeeding Women:</i></p> <p>-Unusually red, sensitive, cracked, or itchy nipples</p> <p>-Shiny/flaky skin on the darker, circular area around the nipple (areola)</p> <p>-Unusual pain during nursing or painful nipples between feedings</p> <p>-Stabbing pains deep within the breast</p>	<p><i>Medications:</i></p> <p>-Lozenges</p> <p>-Tablets</p> <p>-Liquids that you swish in your mouth before swallowing</p> <p>-Intravenous (IV)</p> <p><i>Mother/Infants:</i></p> <p>-Mild antifungal medicine for baby</p> <p>-Antifungal cream for the mother to put on breasts</p> <p>-Treat underlying conditions</p>	<p>-Brush teeth at least twice daily and floss at least once daily</p> <p>-Visit the dentist regularly</p> <p>-Treat dry mouth</p> <p>-Limit the amount of sugar-containing foods that you eat</p> <p>-Maintain good control of blood sugar (diabetics)</p> <p>-Make sure dentures fit correctly, remove them at night, and clean them daily</p> <p>-Rinse mouth with water or brush teeth after using a corticosteroid inhaler</p> <p>-Treat vaginal yeast promptly</p> <p><i>Breastfeeding Mothers:</i></p> <p>-Use nursing pads to prevent the fungus from spreading to clothes (note: they shouldn't have a plastic barrier)</p> <p>-Wear a clean bra every day</p> <p>-Ask the doctor the best way to clean breast nipples, bottle nipples, pacifiers, and any detachable parts of a breast pump</p>

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