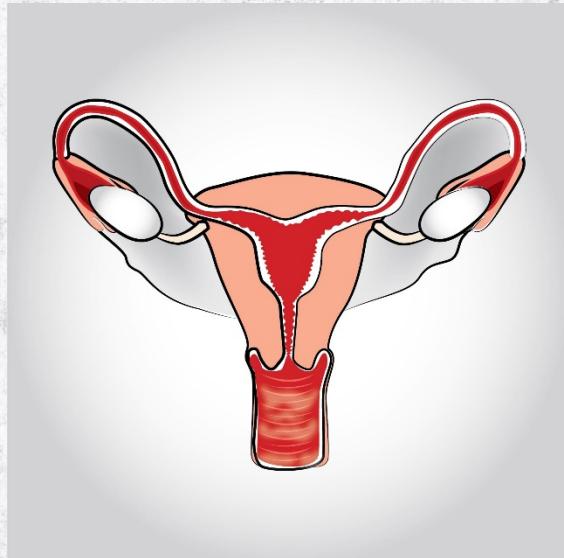


# Vaginal yeast infection



A vaginal yeast infection, also known as candidiasis, is a common condition. A healthy vagina contains bacteria and some yeast cells. But when the balance of bacteria and yeast changes, the yeast cells can multiply. This causes itching, swelling, and irritation.

## Symptoms:

- Vaginal itching
- Swelling around the vagina
- Burning during urination or sex
- Pain during sex
- Soreness
- Redness
- Rash
- Whitish-yellow and clumpy vaginal discharge

## **When you should visit the doctor:**

You should visit the doctor if:

- This is the first time you've had yeast infection symptoms
- You're not sure whether you have a yeast infection
- Your symptoms aren't relieved after treating with over-the-counter antifungal vaginal creams or suppositories
- You develop other symptoms

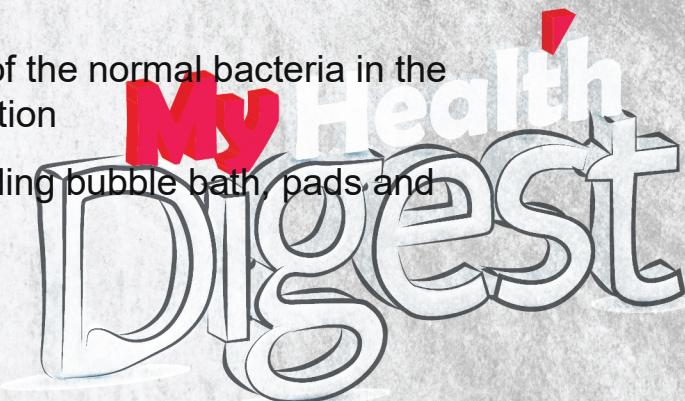
## **Causes:**

- Antibiotics, which decrease the amount of Lactobacillus ("good bacteria") in the vagina
- Pregnancy
- Uncontrolled diabetes
- Weak immune system
- Hormonal imbalance near your menstrual cycle
- Stress

## **Prevention:**

In order to prevent vaginal yeast infection, you should avoid:

- Tight-fitting pants
- Douching, which removes some of the normal bacteria in the vagina that protect you from infection
- Scented feminine products, including bubble bath, pads and tampons



- Hot tubs and very hot baths
- Unnecessary antibiotic use, such as for colds or other viral infections
- Staying in wet clothes, such as swimsuits and workout attire, for long periods of time

## **Diagnosis:**

Diagnosis of yeast infection is done through:

Perform a pelvic exam: the doctor examines the external genitals for signs of infection.

Test vaginal secretions: the doctor may send a sample of vaginal fluid for testing to determine the type of fungus causing the yeast infection.

## **Treatment:**

For simple yeast infections, your doctor will usually prescribe a 1-6 day regimen of an antifungal cream, ointment, tablet, or suppository.

Treatments for severe or complicated yeast infections include

14-day cream, ointment, tablet, or suppository vaginal treatment.

