

Yeast Infection

Vaginal yeast infections usually are caused by fungus (named Candida) that normally live in your gastrointestinal tract and your vagina. If the vagina becomes less acidic, too many yeast can grow. This causes a vaginal infection.

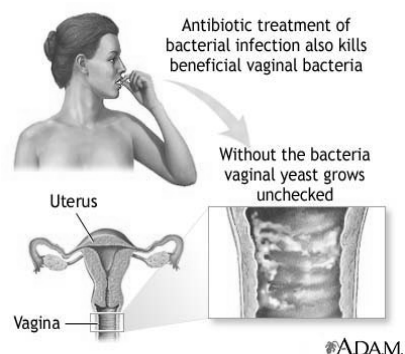
The acidic balance of the vagina can be changed by your menstrual period, pregnancy, diabetes, some antibiotics, birth control pills, and steroids. Sexual activity and irritation of the vagina also seem to encourage yeast to grow.

Symptoms of Yeast Include:

- Thick, white "cottage cheese" discharge.
- Pain, itching, burning, or redness around the vagina.
- There may be pain with sexual intercourse or burning with urination.
- Swelling of the Vulva.

Risk Factors for Yeast Infections Include:

- Recurrent treatment with antibiotics.
- Uncontrolled diabetes.
- Pregnancy.
- Weakened Immune systems
- Hormonal contraception and contraception devices
- Sexual activity



Treatment

Yeast infections are treated with antifungal medications that can be taken orally or used vaginally as a cream or a suppository. Medicine in a cream form also can be put on your vulva to help stop the itching.

You should see your doctor the first time you have symptoms of a yeast infection. It is very important to make sure that you really have a yeast infection before you start taking medicine for it. It is important to see your doctor when you are pregnant, or think you may be pregnant, and you have symptoms of a yeast infection. Partner treatment is not recommended by experts.

Here are some things you can do to help prevent another yeast infection:

- Wear cotton underwear – no thongs.
- Wipe from front to back after using the toilet.
- Do not douche or use feminine hygiene sprays.
- Avoid deodorant tampons/pads, or bubble baths, and avoid using colored or perfumed toilet tissue.
- If you get many yeast infections, your doctor may recommend you use medicines regularly for a few months to prevent more yeast infections

Sources and/or additional resources:

Doctor.org: <http://women.webmd.com/tc/vaginal-yeast-infections-topic-overview>

Mayo Clinic: <http://mayoclinic.com/health/vaginitis/DS00255>

Planned Parenthood: <http://www.plannedparenthood.org/health-topics/womens-health/yeast-infection-19854.htm>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.