Candida
(Vaginal Yeast Infections)

What is a vaginal yeast infection?
- Caused by a fungus called Candida, normally found on skin, in mouth, intestines, and vagina
- Happens when the vaginal environment changes, causing the amount of yeast to increase
- Antibiotics like Penicillin and Tetracyclin, change in weather, frequent douching, fatigue, stress, poor diet, diabetes, and oral contraceptives may alter the vaginal environment

What are the symptoms of a vaginal yeast infection?
- Itching, burning, irritation, swollen feeling inside or outside the vagina
- Thick, white, sometimes clumpy discharge
- Usually odorless, but may smell yeasty, like baking bread

How is a vaginal yeast infection diagnosed?
- Your practitioner will diagnose you during an office visit
- After first infection, you may diagnose yourself based on symptoms
- Different or persistent symptoms require an evaluation by your practitioner

How is a vaginal yeast infection treated?
- Prescription or over-the-counter antifungal cream vaginally and externally
- Oral antifungal medication - prescription only

What will make me comfortable during a yeast infection?
- To relieve external itching & burning
  - Use mild hydrocortisone and/or antifungal cream on outside of vagina
  - Apply a cool compress to the vaginal area
- Avoid tight clothing, especially nylons/pantyhose
- Do not wear underwear to bed
- Avoid sex during treatment

What are ways to prevent vaginal yeast infection?
- Keep vaginal area dry:
  - Avoid prolonged time in wet bathing suits/shower after exercise
  - No long soaks in hot tubs
  - Dry vagina completely after bathing/showering with hair dryer
- Wear all-cotton underwear to absorb moisture better
- Wipe from front to back after a bowel movement
- Use non-deodorant tampons and pads and water-based lubricant