

PREVENTION

Stay in good health by eating a balanced diet and getting the proper amount of sleep. Always wipe from front to back after using the toilet. Keep the vaginal area dry. Wear underpants and pantyhose that have a cotton crotch. Nylon prevents air circulation and keeps the area moist. Dry yourself carefully after a shower or bath. Douching, bubble baths, feminine hygiene sprays perfumed or colored toilet paper, deodorant tampons and bath powder (including baby powder) can increase your chances of getting a vaginal infection.

Follow-up

Return to your Doctor if symptoms persist or recur.

“ Women who have three (3) or more vaginal yeast infections per year should be evaluated by a physician for conditions that increase the chance for yeast to such as diabetes mellitus, lowered resistance/stress and antibiotic use. ”



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PERSONAL AND PREVENTIVE HEALTH SERVICES

UNIT 1 (FAMILY PLANNING)

MAIN CLINIC (989) 758-3670 OR 758-3676
CHESANING CLINIC (989) 845-3911

UNIT 3 (STD)

(989) 758-3880

YEAST INFECTION

YEAST INFECTION

Yeast infections occur when a normal fungus (candida) of the skin and vagina overgrow due to an imbalance in the body. Yeast infections are common, with 70-75 percent of women having at least one symptomatic vaginal yeast infection in their lifetime. About 40-50 percent of women will experience a recurrence of yeast infections. A very small percentage of women (probably less than 5%) will have recurrent yeast infections that do not respond well to treatment.

SYMPTOMS

Symptoms include swelling, itching, and/or discomfort in the vaginal area. There may be a white to yellow discharge from the vagina, which may be thick or thin and curdy, similar to cottage cheese. Yeast infections symptoms can get worse just before a woman's menstrual period.

Men may experience a rash, redness and swelling of the penis after having sex with a woman who has a yeast infection. These symptoms usually go away after showering.

DIAGNOSIS

The diagnosis of yeast is based on symptoms observed by the clinician and is supported by the observation of growing yeast cells found by looking at a sample of the discharge under a microscope.

CAUSES

Yeast is not a sexually transmitted disease. However, it can be transmitted by having intercourse with an infected partner. It is thought that infected men can have the organism in the lower urinary tract or in the folds of skin on the penis and pass it to the woman during intercourse.

Yeast can be spread from the rectum if a woman wipes herself from back to front.

Yeast can also be spread from the rectum along the menstrual pad.

During oral sex, yeast can be passed from the vagina to the mouth and from the mouth to the vagina. Yeast in the mouth is called thrush. Yeast can also be passed by a pregnant woman to her baby's mouth during childbirth.

A woman may get a yeast infection while taking antibiotics. Be sure to tell your doctor if you are susceptible to yeast infections before an antibiotic is prescribed for you. A person who takes an antibiotic for acne is susceptible to frequent yeast infections.

Yeast infections occur more often and more severely in people with weakened immune systems, such as HIV. Yeast is also more common in women that are pregnant, have diabetes or are on steroids.

TREATMENT

Yeast infections are treated using vaginal creams, suppositories or oral medications. Be sure to complete the medication as directed.