

## **VAGINAL YEAST INFECTION**

### **What is it?**

A vaginal yeast infection, also called candidal vaginitis or monilial vaginitis, is usually caused by an organism known as *Candida albicans* in 80% of cases. It causes inflammation or infection of the vagina and is second most common to bacterial vaginitis. All healthy women have normal small amounts of *Candida* in their vaginal flora. When a woman's hormonal or pH balance is disturbed, the numbers of yeast can increase and cause an infection. This often happens before a menstrual period in some women. Antibiotic use can also cause an imbalance as well as pregnancy, diabetes and possibly oral contraceptives. Wearing tight or wet clothing also does not help; yeast like warm, dark, moist environments. The good news is that a yeast infection is curable, usually within a week or two of treatment.

### **Signs and symptoms:**

- \* Discomfort, itching, redness in genital region.
- \* White discharge resembling cottage cheese with a strong odor.
- \* Pain or burning with urination.
- \* Vagina changes color from pink to red.
- \* Painful sexual intercourse.

Call the office if your symptoms do not improve within one week of treatment.