

Yeast Infections

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What is a yeast infection?



A yeast infection is an infection that results from the overgrowth of a fungus called *Candida* in the vaginal area. Yeast infections are quite common, but not all women may show symptoms. Women who are pregnant, immuno-compromised, or have diabetes are among those at a higher risk.

Symptoms

Symptoms can range from mild to severe. Common symptoms include:

- Itchiness and irritation in the vaginal area
- Redness and swelling of the vaginal area
- A burning sensation while urinating
- Abnormal vaginal discharge



Prevention



- Do not clean *inside* the vagina- this may remove healthy bacteria that help prevent infection
- Wear cotton underwear- cotton does not trap in as much heat & moisture as other fabrics
- Avoid using scented feminine hygiene products
- After using the bathroom, wipe from front to back

Treatment

Antifungal medicines are typical treatments for yeast infections. These can come in the form of creams, tablets, etc., and can be prescriptive or over-the-counter. It is always recommended to consult a doctor or nurse before taking any medication.



SOURCES:

- www.cdc.gov/fungal/diseases/candidiasis/genital/index.html
- www.womenshealth.gov/a-z-topics/vaginal-yeast-infections