

HEALTH REALLY MATTERS

Vaginal Yeast Infection: Restore the Balance

Quick Facts about yeast infections

- Very common and easily treated. 75% of all women will have at least one yeast infection in their life.
- Caused by excess growth of yeast called *Candida albicans* and an imbalance of healthy bacteria in the vagina.
- See your doctor if you've never had a yeast infection before, if you are pregnant or if the usual treatment hasn't worked.
- Ditch the douche – douching can upset the balance of bacteria and organisms in the vagina.
- 66% of women have used an over-the-counter yeast infection product when it wasn't required.

Signs that it might be a yeast infection

- Itching and burning in and around the vagina.
- Vaginal discharge (can sometimes look like cottage cheese).
- Pain or irritation during sexual intercourse.
- A vaginal swab done by the doctor is the best way to know for sure that your symptoms are caused by yeast.

Causes of yeast infections (different for everyone)

- Medications such as antibiotics, steroids or the birth control pill.
- Changes to estrogen levels.
- Certain health problems like diabetes, HIV or conditions that affect your immune system.

You can help to prevent yeast infections with these healthy habits

- Use antibiotics only when necessary.
- Stay away from perfumed feminine hygiene products (sprays, powders, bubble baths).



MEDICINE CENTRE
PHARMACY

- Choose underwear made with natural fabrics like cotton or bamboo, which are more breathable than synthetic fabrics.
- Keep your genital area clean and dry.
- Wipe from front to back after using the toilet.
- Change pads or tampons often.
- If you have diabetes, keep your blood sugar levels well controlled.

Effective treatments are available

- You can get most treatments for yeast infections from your pharmacy without a prescription.
- Common treatments include an antifungal pill you take by mouth for one dose or an antifungal cream or suppository that is inserted into the vagina (1, 3, or multi-day treatment)
- Some people will use boric acid capsules if other methods haven't worked.
- Probiotics, in yogurt or capsules, seem to have little benefit in treating yeast infections but may help those who get regular infections.

Your Pharmacist can

- Talk to you about your symptoms and help you decide if you should see a doctor or if a non-prescription product should be tried.
- Help you choose the best treatment for your yeast infection.
- Let you know if any of your medicines increase the risk of yeast infections.
- Discuss ways to keep from getting yeast infections in the future.

Find more great information and tools here

HealthLink BC: <http://goo.gl/wGw5yu>

MedBroadcast: <http://goo.gl/aPZ7Ns>

Notes: