

Title: Antibiotic use is a short-term risk factor for symptomatic vulvovaginal candidiasis

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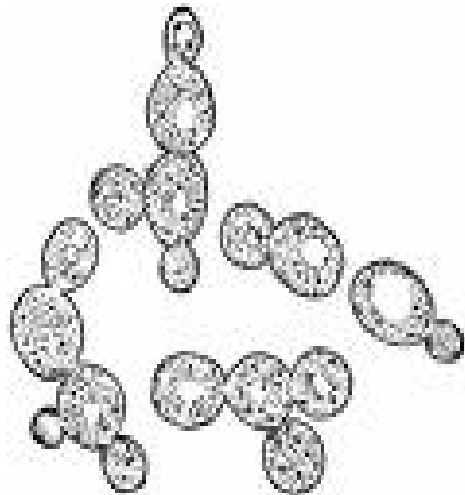
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Abstract: Antibiotic therapy is a short-term risk factor for vulvovaginal candidiasis both in first episodes and in recurrent infections. Additionally, increased duration of antibiotic use is directly correlated with an increased prevalence of Candida vaginal infection.

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Vaginal Yeast Infections



University of Minnesota
Primary care clerkship
Patient Education tool

For further information on vaginal yeast infections please visit:

Womenshealth.gov

WebMD.com

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What can I do to prevent vaginal yeast infections?



- Wear cotton underwear
- Avoid pantyhose or tight pants
- Change out of a damp swimsuit or gym clothes immediately
- Avoid douching, feminine sprays, deodorant tampons, or scented toilet paper
- Use only plain warm water to clean your genitals
- Avoid taking antibiotics that are unnecessary

What is a vaginal yeast infection and what causes it?



A yeast infection, also known as vulvovaginal candidiasis, is caused by a fungus, most commonly *Candida albicans*.

It causes irritation of the vagina and the area around it called the vulva. In the healthy vagina there are many bacteria and a small number of yeast. When something happens to change this balance, yeast can overgrow causing a yeast infection.

Things that can increase your risk include:

- Diabetes Mellitus
- Antibiotic use
- Pregnancy
- HIV

75% of women will have a yeast infection at some time in their life

These infections are not sexually transmitted

What are the symptoms?



Symptoms can include:

- Vaginal itching or burning
- Redness or swelling
- Soreness
- Pain with intercourse or urination
- Discharge that is odorless, thick, and white, similar to cottage cheese.

You may only have a few of these symptoms and they may range from mild to severe

Remember: these symptoms are non-specific meaning that other conditions can cause identical symptoms.

How is it diagnosed?



Your doctor will likely perform a vaginal exam and take a sample of your vaginal discharge to look at under a microscope or to send to the lab.

How is it treated?



Antifungals are used to treat vaginal yeast infections.

They are available without a prescription as a cream or with a prescription as a cream or an oral pill

Although you do not need a prescription to treat a yeast infection, several other vaginal infections can have the same symptoms but are not treated in the same way so it is important to see your doctor before beginning treatment.

