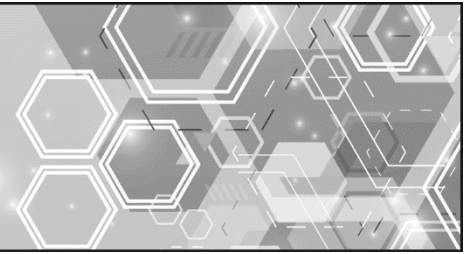




Durham Region Health Department **Facts about...**



Vaginal Yeast Infection

What is it?

A yeast infection is a common vaginal infection caused by a fungus called Candida. Yeast is normally found in the vagina in small numbers, but when too many yeast cells are growing in the vagina, symptoms will often appear. Pregnancy, diabetes, use of antibiotics, having a weak immune system and some birth control methods may cause a yeast infection.

How is it spread?

A yeast infection is generally not considered a sexually transmitted infection (STI). On rare occasions yeast can be passed between male and female partners with unprotected sexual activity. Often there are no specific reasons why the infection occurs, and some women get yeast infections many times.

What do I look for?

Females may experience an abnormal amount of thick, white, clumpy discharge (like cottage cheese). Vaginal itching (mild to severe), vaginal soreness, irritation or burning (when urinating and during sex) may also occur. If this is your first-time having symptoms, and/or you are pregnant, it is best to be tested by a health care provider prior to self-treatment.

How is it treated?

Once a vaginal yeast infection is confirmed and there are symptoms, it is easily treated with over the counter or prescription anti-fungal medications that are either inserted into the vagina or taken by mouth. For pregnant and breastfeeding women, vaginal treatment is preferred. If using vaginal treatment, it is best to avoid sex as the treatment can lower the effectiveness of condoms.

How can I protect myself?

- Lower the chance of developing a yeast infection by keeping the genitals clean and dry.
- Do not wear wet clothing for a long period of time.
- Avoid vaginal douching, using vaginal deodorants or perfumed products that can irritate the vagina.
- Wearing cotton underwear instead of synthetic fabrics and wearing loose fitted clothing can help to lower the chance of a yeast infection.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

