YEAST INFECTIONS

- Vaginal yeast infections are a very common problem in women. It is difficult to know the true percentage of women affected by yeast infections; they are frequently diagnosed without an examination and many women treat themselves with over-the-counter yeast treatments before seeking medical advice.

- Itching of the vulva is the most common symptom of a vaginal yeast infection. Women may also note pain with urination, vulvar soreness or irritation, pain with intercourse, or reddened and swollen vulvar and vaginal tissues. There is often little or no vaginal discharge; if present, discharge is typically white and clumpy (curd-like) or thin and watery.

- Symptoms of a yeast infection are similar to a number of other conditions. It is not usually possible to know, based on symptoms alone, if vulvar itching is caused by yeast or other potential causes.

- Candida is a fungus that normally lives on the skin. It causes most cases of vaginal yeast infections. Normally, candida causes no symptoms. However, when the skin or mucous membranes undergo changes due to medications, injury, or stress to the immune system, candida multiplies and causes the characteristic symptoms of a yeast infection, described above.

- In most women, there is no underlying disease or event that leads to a yeast infection. There are several risk factors that may increase the chances of developing an infection, including use of antibiotics, hormonal contraceptives and certain contraceptive devices, diabetes, pregnancy, and a weakened immune system (due to chemotherapy, HIV, or certain medications).

- To diagnose a vaginal yeast infection, a healthcare provider will take a medical history, perform a physical examination, and perform diagnostic testing. It is important to be seen when symptoms are present and before any treatment is used.

- Women with symptoms of vulvar itching or vaginal discharge frequently assume that their symptoms are related to a yeast infection and treat themselves. Incorrect self-diagnosis and treatment can delay appropriate treatment and wastes money.

- Treatment of vaginal yeast infection may include a topical cream or tablet; most are applied inside the vagina at bedtime with an applicator. One, three, and seven-day treatments are available. Three and seven day vaginal treatments are recommended over the one day vaginal treatment. Oral treatment is available, by prescription, as one dose of fluconazole (Diflucan®) 150 mg.

In an emergency go to Mount Nittany Medical Center or call 911 for an ambulance.

Test Results and Advice Nurse
Please call the nurse for test results and advice: 863-4463

Appointments
Appointments can be made online via the UHS website, by phone or in person. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments call 863-0774 or schedule your appointment online through the UHS website

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