



Vaginal Yeast Infections

Vaginal yeast infections (monilial vulvovaginitis) occur frequently in many women. They have a variety of causes. Pregnancy, birth control users, women who take antibiotics for any reason, frequent swimmers, certain type clothing, diabetics, and no obvious cause are some of the conditions associated with this problem. It is not dangerous, but just inconvenient, irritating, and uncomfortable.

The infection usually has a itching and or burning associated with a discharge. The discharge can be white, yellow, or greenish yellow. It frequently has the appearance of cottage cheese.

The treatment is quite simple. There are a variety of antiyeast medications available over-the-counter. These include Monistat, Mycelex, Gynelotrimin and Femstat. Terazol, a medicine that requires a prescription, is also available. A pill, Diflucan, is also available in a 1 dose strength.

If you purchase antiyeast medication you should use the cream. You should apply the cream to the lips of the vagina once or twice a day and insert the cream up inside the vagina once a day for three to five days. If intercourse is occurring, you should give the cream to your partner to apply on the penis and the area around the base of the penis. If oral genital sex is practiced the mouths should be treated and this can be done by chewing a Mycelex vaginal suppository. This tastes like chalk and is not dangerous to swallow. Boric acid douches or inserting a tampon soaked in Boric acid are also useful in treating yeast infections. Drying the area after bathing even using a hair dryer and avoiding tight fitting air occlusive clothing are helpful to prevent yeast infections.

If after 24 to 48 hours no improvement occurs with these methods another problem may exist and a doctor should be consulted.