

Yeast Infections

What are yeast infections?

The term “**Yeast infection**” can be used to refer to the general overgrowth of yeast fungus in any part of the body.

However, in most cases, “yeast infection” is referring to vaginal yeast infections, also known as **Vulvovaginal Candidiasis**.

How to get yeast infections?

Yeast infections start with the overgrowth of yeast due to several different factors including:

- ▶ Taking antibiotics
- ▶ High Estrogen Levels during menstruation, pregnancy, or if taking birth control pills/hormonal therapy.
- ▶ Weakened immune system
- ▶ Diabetes or high uncontrolled blood sugar levels.

Who gets yeast infections?

MAN

WOMAN

BABIES

How to cure yeast infections

Here are some treatment options for Yeast Infection

Medications

● **Fluconazole**

Prescription pill Fluconazole is commonly given as a one dose treatment. The little pink pill is taken only one time. This medicine can also be used to treat yeast infections other places in the body.

● **Over The Counter**

Over the counter or Prescription antifungal cream, ointment or suppositories. The most commonly used are the -azoles (clotrimazole, miconazole “Monistat 3”). Treatment can last one, three or seven days.

Home Remedies

● **Yogurt**

Natural unsweetened yogurt with cultures of Lactobacillus acidophilus has been touted as a gentle and natural home remedy for yeast infection. Eating the yogurt daily can help to provide probiotics that your body needs to balance out the growth of yeast.

● **Boric Acid Capsules**

Boric Acid Capsules have been used to treat yeast infections that are stubborn and do not respond to regular anti-fungal medications.

● **Garlic**

Crushed garlic contains allicin and ajoene and many women have experienced great benefits from using garlic on the vagina for yeast infections.

There are a couple of **precautions** with garlic:

The **first** is that garlic can cause irritation or burning to the vaginal membranes, so it should not be used if you have sensitive skin.

Secondly it can decrease the effectiveness of some oral contraceptives, because the garlic can decrease the rate at which the hormone estrogen is broken down.

How to prevent yeast infections

- **Wear dry loose clothing**- Avoid lounging around in wet clothes such as swimsuits or damp gym clothes. Also avoid wearing tight clothes that don't allow your vagina to breathe. Yeast loves the warm and moist environments. Synthetic materials keep moisture on your skin.
- **Practice good hygiene**- Keep the area clean. Wash your clothing, sheets and towels in hot water and even add some vinegar to ensure you are destroying all of the yeast organisms.
- **Avoid using perfumed** feminine products such as scented tampons, panty liners and pads. These perfumed products can cause vaginal irritation and pH imbalances.
- **DO NOT Douche**- Douching may seem like a good idea, but as you wash away all of the bad bacteria you are also washing away the good bacteria, which if done often can lead to a pH imbalance and potential yeast infection.