

# IOWA STATE UNIVERSITY

Thielen Student Health Center

## 2647 UNION DRIVE

Corner of Sheldon & Union  
Across from State Gym

## CLINIC HOURS

MONDAY 8 am - 6 pm

TUESDAY 8 am - 5 pm

WEDNESDAY 9 am - 5 pm

THURSDAY 8 am - 5 pm

FRIDAY 8 am - 5 pm

SATURDAY 9 am - noon

### PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

**515-294-5801**  
**FREE MEDICAL**  
**ADVICE 24/7**

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for AMBULATORY HEALTH CARE, INC.

# YEAST INFECTION



**CycloneHealth.org**

Vaginal yeast infection is a common infection caused by an overgrowth of the fungus *Candida albicans*. Yeast infection usually occurs in the vagina, but may infect the mouth or other moist areas of the body. Yeast normally exists in harmony with other organisms in the vaginal tract. When the number of yeast overgrows, symptoms can occur.

## HOW IS YEAST DIAGNOSED?

Your provider will do an exam of the problem area. If symptoms are vaginal, a pelvic exam will be done. A sample of secretions from the area will be obtained and viewed under a microscope. In some cases a culture of the secretions may be done.

## HOW DOES IT HAPPEN?

Many organisms, yeast among them, are normally present in the rectal and vaginal areas. Several situations can allow yeast to overgrow. Antibiotics can kill good bacteria, disrupting normal balance in the vaginal tract and allowing yeast to multiply. Hormonal changes, high blood glucose and compromised immunity can also disrupt the normal balance.

## SYMPTOMS OF YEAST INFECTION:

Up to 50% of women with yeast infection have no symptoms. Symptoms that do occur may include:

- Thick, whitish discharge that may look like paste or cottage cheese
- Sweet or yeasty smell to discharge
- Redness and itching around the vagina and sometimes inside
- Swelling of the labia
- Burning with urination
- Men may notice redness or swelling on the penis or foreskin

Some women have no symptoms. Yeast infections in men are less common and many men have no symptoms. Yeast infections of the mouth cause redness and soreness and sometimes white patches in the mouth known as thrush. Yeast on the skin usually causes an itchy red rash. Often a patch will have small red bumps around the edges.

## HOW IS IT TREATED?

Yeast overgrowth is treated with creams or suppositories, oral medications, or a combination of both. Over-the-counter creams like miconazole (*Monistat*®) and clotrimazole (*Gyne-Lotrimin*®) are often the only treatment needed. Treating sexual partners is not usually necessary. Yeast infections will clear more quickly if intercourse is abstained from during treatment.



## WHEN WILL MY SYMPTOMS GO AWAY?

With proper treatment, yeast infection usually clears in a few days to a week; however, re-infection is fairly common. Yeast does not affect your uterus or fallopian tubes, and will not affect fertility once it is controlled.

## TIPS FOR PREVENTION

There is no definite evidence to support a link between yeast infections and hygienic habits or wearing tight or synthetic clothing. However, it is known that yeast thrive in a warm, moist environment. Making an area less yeast-friendly may help control the severity of symptoms and control yeast overgrowth more rapidly.

- Cleanse genital area daily and ask your partner to do the same.
- Avoid douching, bubble baths, bath oils, and feminine hygiene sprays.
- Wear cotton underwear, avoid materials that don't breathe.
- Avoid wearing wet/damp or tight clothing for long periods of time.

## RECURRING YEAST INFECTIONS

Spontaneous yeast growth can recur months, weeks or just a few days after treatment. Persistent yeast problems are especially likely during pregnancy, in women with diabetes and after use of broad spectrum antibiotics. Women using oral contraceptives also have a higher yeast colonization rate, as do women who are significantly overweight. Keep in mind the purpose of treatment is not to rid the body of yeast once and for all, but to restore the balance of normal amounts of yeast in the vaginal tract.

Be sure your problem is yeast overgrowth. Other infections like trichomonas or bacterial vaginosis have similar symptoms, but require different treatment. Consider using prolonged or intermittent treatment each month to prevent recurrent infections. Alternate over-the-counter creams miconazole (*Monistat*®) and clotrimazole (*Gyne-Lotrimin*®) for best results.