

YEAST INFECTIONS (Monilia)

What causes it?

Yeast or fungus such as *Candida albicans*.

How do I get it?

- changes in the health of a woman due to antibiotics, stress, diabetes or birth control pills can cause too much yeast to grow in the vagina, causing a problem
- sexual contact

What are the symptoms?

Women may not have any symptoms or they may have symptoms such as:

- itching, redness or burning in or around the vagina
- clumpy white discharge from the vagina
- painful sex

Men may have symptoms such as:

- irritation, redness or itchiness of the penis

How do you test for it?

- physical examination of the vagina or penis
- swab of the vagina

What treatment is available?

- yeast infections are curable – your health care provider or pharmacist will recommend a medication, usually a suppository or cream you can put in the vagina at bedtime
- your partner should be checked or treated if he/ she has symptoms

What precautions can I take to prevent a yeast infection?

- avoid products like vaginal douches, feminine hygiene sprays, or scented pads or tampons that can change the chemistry of the vagina
- wipe from front to back to avoid getting any feces on the vagina after a bowel movement

Where can I get tested?

You can get tested at:

- YCDC (Yukon Communicable Disease Control)
#4 Hospital Road
667-8323 or 1-800-661-0408 ext. 8323
- Community Health Centre
- [Medical Clinics](#)