

**CAUSES, SIGNS AND SYMPTOMS, DIAGNOSIS AND  
PREVENTION, TREATMENT OF VULVOVAGINAL  
CANDIDIASIS  
A SEMINAR PRESENTED**

**BY**

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**TO**

**THE WOMEN PRISONERS  
ON RCCG EVANGELICAL VISIT**

**RCCG ANAMBRA PROVINCE 1**

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# SUMMARY

Vaginal yeast infection, also known as candida vulvovaginitis and vaginal thrush, is excessive growth of yeast in the vagina that results in irritation. The most common symptom is vaginal itching, which may be severe. Other symptoms include burning during urination, white and thick vaginal discharge that typically does not smell bad, pains during sex and redness around the vagina. Vagina yeast infections are due to excessive growth of Candida. This yeast are normally present in the vagina in small numbers.

Vulvovaginal candidiasis is not considered a sexually transmitted diseases, because it does affect children and celibate women. It is diagnosed by performing a wet preparation or gram stain of vaginal discharge. It is treated by the use of antifungal medicine. Vaginal candidiasis can be prevented through wearing cotton underwear, antibiotics to be taken only when prescribed and exactly as your health care provider tells you.

# VULVOVAGINAL CANDIDIASIS

Vaginal candidiasis is a mucosal infection caused by heterogenous group of fungi called candida species, which is associated with intense itching, swelling, discharge and irritation. Candida is a normal commensal organism in the vagina. Vaginal thrush may be due to hypersensitivity response to the commensal organism in which estrogen seem to play a vital role.

Vagina candidiasis is a common disease to women with weakened immune system and second most single cause of vaginal discharge especially those of child bearing age and pregnant women. Scientists estimate that about 20% of women normally have candida in the vagina without having symptoms.



## CAUSES OF VAGINAL CANDIDIASIS

- A. Antibiotics (they lower the amount of lactobacillus, or good bacteria in the vagina)
- B. Douching
- C. Uncontrolled diabetes
- D. Weak immune system
- E. Hormonal imbalance near your menstrual cycle
- F. High estrogen levels caused by pregnancy can cause it

## SIGNS AND SYMPTOMS

Vaginal yeast infections have a common set of symptoms such as:-

- a. Vaginal itching
- b. Swelling around the vagina'
- c. Burning sensation during urinating or sex
- d. Pain during sex
- e. Soreness
- f. Vaginal redness
- g. Vaginal rash
- h. Whitish gray and clumpy vaginal discharge

## **DIAGNOSIS**

The presence of yeast is typically diagnosed in one of these ways

Vagina wet mount microscopy

Microbial culture (HVS M/C/S)

## **PREVENTION**

Keep the vagina clean and dry

Don't douche (avoid washing the vagina with soap)

Practice good hygiene

Maintain proper diet, sleep and exercise

Cut down on sugar and alcohol ( yeast favourite foods)

Wear loose cotton underwear

Throw away underwear that you wore during your last infection

## **TREATMENT OF VULVOVAGINAL CANDIDIASIS**

Vaginal candidiasis is usually treated with antifungal medicine. For most infections, the treatment is an antifungal medicine inside the vagina or a single dose fluconazole taken by mouth. For more severe infections, that don't get better or recurring, other treatments might be needed. These treatments include more doses of fluconazole taken by mouth or other medicines applied inside the vagina such as:

- ✓ Nystatin
- ✓ Flucytosine
- ✓ Butoconazole (glynazole)
- ✓ Miconazole (lotrimin)
- ✓ Terconazole (tirazole)

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