

Vaginal Yeast Infections - Stop Them Today!

VYI (Vaginal yeast infections) are so common in women that it is estimated over 70% of all women will have such an infection at least once in their lives. VYI is also known as Thrush and Vaginal Rash. They are not serious, but require prompt treatment so stop your VYI today. What are VYI? VYI are caused by a fungus called *Candida albicans*. These fungus, or yeasts are tiny organisms that normally live on your skin and inside your vagina. However the vagina's acidic environment normally keeps the yeast from growing however when the vagina becomes less acidic, the yeast grow and causes VYI. During periods (menstruation), pregnancy and also with the following conditions such as: Diabetes, taking certain antibiotics, birth control pills, steroids, excess moisture and irritation of the vagina can all cause the acidic balance to change, and again encourage VYI. What are the Symptoms of VYI? VYI are usually associated with a general feeling of discomfort in the vagina including an itching and an uncomfortable burning sensation in the vagina and around the vulva, suffers may also experience painful intercourse, a red and swollen vulva and sometimes a white discharge which creates a foul smell. What Can be Done To Treat VYI? There are several medicines available, many sold in pharmacies needing no prescription. Some are creams applied topically to the vulva and also inserted into the vagina. Others are pills and suppositories. Its always a good idea to ask your doctor what to take before deciding on your own. How to Stop VYI Generally, you should not wear too tight clothing for many hours, and certainly sleep at night without panties, giving your genital area some air and allowing it to breathe. Also, try to wear cotton panties during the day, they are best for letting the area breathe and change these twice a day at least. Do not overwear pantyhose. After the gym or a swim, shower and change immediately. Other measures involve basic hygiene. After your defecation, wipe yourself in only one direction, from front to back and never from back to front! This will keep anal bacterial out of your vagina. After a bath or shower, make sure you dry your genital area well, and if necessary, use a hair dryer on low and warm setting to get rid of moisture. Always avoid using sanitary pads with deodorant in them. Ask your doctor before using any feminine hygiene sprays, and take a shower rather than a bath. If you must take a bath, wash with soap first and bathe in clean water, or use a shower on the vaginal area afterwards. Avoid anything that can change the acidic environment in your vagina. This was you can stop VYI, especially if are repeatedly affected by it. It is not dangerous, but having it too often is not a good sign at all. Sexually Transmitted VYI Your partner can catch your VYI or you can catch his (if he is uncircumcised). He can have a similar discharge under his prepace called smegma, and you (and he) will know when it is there, as it smells very bad and looks like rotten cottage cheese. Your partner should practice male hygiene and treat his yeast infection immediately. This is provided for general information if you feel you may have an infection consult your doctor and get it sorted out.

About the Author

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