

Women's Health

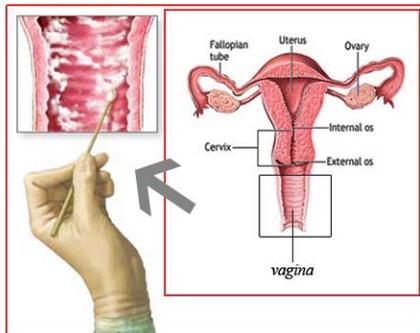


Newsletter 2, 2010 (English Version)

Women's Health (Vaginitis)

Vaginitis is an inflammation of the vagina that can result in discharge, itching and pain. The cause is usually a change in the normal balance of vaginal bacteria or an infection. Vaginitis can also result from reduced estrogen levels after menopause.

Vaginitis is a common disease in women. Vaginitis is a term for any infection or inflammation of the vagina.



The most common types of vaginitis and their symptoms are:

1. Bacterial vaginosis: This type of vaginitis results from overgrowth of one of several organisms normally present in your vagina upsetting the natural balance of vaginal bacteria.

Symptoms:

- ♀ Usually thin and milky vaginal discharge.
- ♀ Sometimes the discharge is "fishy" odor. The odor may become more noticeable after intercourse.

Vaginitis test (wet mount): a sample of vaginal discharge is taken and a slide made for microscopic examination

2. Yeast infections: A naturally occurring fungus called *Candida albicans* usually causes this type of vaginitis. An estimated three out of four women will have a yeast infection in their lifetimes

Symptoms :

- ♀ white vaginal discharge with the consistency of cottage cheese.
- ♀ somewhat watery, it is odorless.
- ♀ Itchiness in vagina , redness in vagina and vulva .

3. Trichomoniasis: This type is caused by a parasite and is commonly transmitted by sexual intercourse

Symptoms:

- ♀ frothy, greenish-yellow vaginal discharge with a foul smell.
- ♀ vaginal itchiness, burning, and soreness of the vagina and vulva.

4. Atrophic vaginitis: This type results from reduced estrogen levels after menopause. The vaginal tissues become thinner and drier, which may lead to itching, burning or pain.

Vaginitis can also be caused by viruses, long term antibiotic use, diabetes, weakened immune system. Each type of vaginitis has a different treatment. Some kinds of vaginitis have no symptoms therefore it is important to have regular gynecologic exams.

Prevention of Vaginitis

- ♀ Keep the vaginal area clean and dry
- ♀ Avoid excessive douching and strong soaps and detergents
- ♀ Wear cotton underwear that absorbs moisture and keeps the vagina dry
- ♀ Clean from front to back after a bowel movement
- ♀ Do not leave tampons or diaphragms in the vagina for long periods
- ♀ Decrease intake of sweets, and alcohol

