

What is Candidiasis (Yeast infection)?

- Yeast infections are caused by one of many types of fungus called Candida.
- Candida and other organisms may be found in small numbers in the normal vagina as well as in the mouth and digestive tract.
- An estimated 75% of women will have at least one yeast infection in their lifetime.
- Candidiasis is the second most common vaginal infection.

What are the signs and symptoms?

- Some women have a white, cottage cheese like vaginal discharge. This discharge has no odor and can cause itching, redness and swelling of the external genitalia.
- Male sex partners may develop a rash on the penis (called balanitis).
- Candidiasis is sometimes difficult to recognize as these symptoms may be present in other vaginal infections.

How do you get tested for Candidiasis?

- Your health care provider will perform a pelvic exam to collect vaginal samples for inspection and examination under the microscope.
- Men can get tested and treated by their health care provider.

What is the treatment for Candidiasis?

- For clinical symptoms and microscopic evidence of yeast, your health provider will prescribe an antibiotic and/or a vaginal cream.
- Over the counter medications are now available, but it very important to see a health provider to be sure you have a yeast infection and not some other problem.
- For testing and treatment for yeast infection in the Philadelphia area, click here for a list of local family planning clinics. Outside of Philadelphia, please click here for a clinic near you www.plannedparenthood.org.

REMINDER: Using a condom consistently can help to protect you from STD's.