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Vaginal Yeast Infections

What are the symptoms of vaginal yeast infection?

75% of all women will have at least one vaginal yeast infection in during her life. It is vital to learn to recognize the symptoms of yeast infection before attempting to self-treat. Symptoms include intense itching, burning, redness and irritation of the vaginal area. Some women experience painful urination due to the irritation of the urinary opening. There can also be excessive discharge. It may be thicker than normal or have a clumpy "cottage cheese" appearance.

What causes yeast infections?

Candida albicans is a fungus which is often found in the mouth, vagina, and intestinal tract. It can be found in your system without causing any adverse effects. When an overgrowth of candida is found in the vagina it is known as a yeast infection.

I'm not sure it is yeast. What else could it be?

Bacterial vaginosis is a much more common vaginal infection than yeast. It is characterized by a foul odor that is not present with yeast. Some sexually transmitted infections can also be confused with yeast. It is important that a woman be certain that her symptoms are caused by yeast before self-treating.

How can I treat a vaginal yeast infection?

If a woman is able to determine that her symptoms are caused by yeast, she has several treatment options. There are many over the counter creams available. Treatment course can range from 1-7 days. There are brand names such as Monistat, Femstat, and Gyne-Lotrimin. Most of these have a store brand equivalent that is equally effective but costs less. There is also an oral tablet treatment that can be prescribed by your provider.