# **Candidiasis**

#### What is it?

- **<u>Candidiasis Albicans</u>** found in feces, mouth, vagina
  - o Infection- in the mucous membranes
  - **Greater Colonization** debilitated persons with thrash, cutaneous lesions, vaginitis
- <u>Susceptible</u>- immunosuppressed, postoperative, antibiotic therapy, obese, diabetic, hematological malignancy

## Signs and Symptoms:

- <u>Thrush</u>- creamy, white painful patches in the mouth or esophagus causing swallowing problems
- Infection of the Heart Valves fever, heart murmur, enlarged spleen
- Infection of the Retina- can cause blindness
- Infection of Kidney or Blood fever, very low blood pressure, shock, decrease in urine production

### **Medications:**

- Antibiotics often aggravates the condition
- Nystatin/Amphotericin B- may correct the condition
  - Monitor- for nausea, diarrhea, stomach pain

#### Facts:

- **<u>Common</u>** in people with a normal immune system
- More Common or Persistent- Diabetes, AIDS, Pregnant women,



 Patients with a low White Blood Cell Count- leukemia, treatment for any cancer, catheter placed in the blood vessel, infection of the heart valves- endocarditis

## What can I do?

- See your Health Care Provider- samples of blood, spinal fluid
  - **Prevent/Treat** Infections, complications, endocarditis, emboli, splenomegaly



- See a Registered Dietitian- for help or a FFF RD on line for help as needed
- <u>Goals</u>- High Biological Value Proteins, adequate Calories, Vitamins, Minerals, Fluids, Yogurt can be beneficial, small/frequent meals are best
- <u>Increase</u>- Fresh Fruits and Vegetables if tolerated to meet Vitamin C, A needs- citrus fruits, broccoli, cabbage, cantaloupe, spinach, sweet potatoes
- AVOID- Fasting, Skipping Meals