Vaginitis

What is it?

<u>Vaginitis</u>- vaginal infection, irritation that causes a change in normal vaginal discharge, or irritation

Signs and Symptoms:

- <u>Vaginal Discharge</u>- change in color, odor, amount, and texture; painful urination, itching
- <u>Irritation or Infection</u>- caused by tight clothing, douching frequently, spermicide, perfumed feminine hygiene products, using strong soaps
- <u>Bacterial Vaginosis</u>- grayish white, thin, fishy-smelling vaginal discharge, odor often worse after sex, associated with having multiple sex partners, exposure to a sexually transmitted disease (STD), using an intrauterine device (IUD) or diaphragm or women without any of the above symptoms
- <u>Trichomoniasis</u>- vaginal redness, swelling, irritation, vaginal odor; a large amount of frothy, foamy vaginal discharge that is gray, green, yellow or white

Facts:

- Common Causes- yeast infection, trichomoniasis, bacterial vaginosis
- Urinary Tract Infection (UTI)- pain and burning when you urinate
- <u>Prevention</u>- use condoms during sexual intercourse, limit the number of sex partners, wipe from front to back after using the commode, wash your vaginal area with plain soap and water 2 times per day
- **<u>Perfumed Sprays and Soaps</u>** dry the skin, irritate the skin
- <u>Tampons and Pads</u>- change several times throughout the day

What can I do?

- <u>See your Health Care Provider</u>- for more information
- See a Registered Dietitian or FFF RD on line for help as needed
- AVOID- tight nylon panties, pantyhose, tight clothing

