



## Contents

Introduction .....	2
What is Yeast Infection? .....	3
Symptoms of Yeast Infections.....	5
How To Prevent Yeast Infections .....	7
Conclusion .....	9

## Introduction

Do you have symptoms such as rash or itch near your vagina, have a thick and white vaginal discharge, and pain during urination or sex? If so you may be suffering from yeast infection as these are some of the symptoms related to it.

Yeast infection is actually a type of fungus infection caused by the candida albicans that can occur in both men and women. It can happen in different parts of the body but is more likely in the mouth and genital areas.

Having yeast infection can cause you a certain level of discomfort and maybe even embarrassment. Do not worry as there are various remedies to treat it so you should not hesitate discussing this issue with your doctor to get it treated as soon as possible. It is also important for you to find out the cause behind your yeast infection so you can prevent it from happening again.

So if you are wondering if you are suffering from yeast infections and want to find out more about it, continue reading to learn more details about yeast infection, its symptoms, and ways you can prevent it.

### What is Yeast Infection?

Many people think that yeast infection can only affect women. Although there are many women who get affected by it, it can also occur to men, since yeast infection, which is also known as candidiasis, can appear in different parts of the body, aside from the genital area. This infection is actually caused by the candida albicans, which is a certain type of fungus. This type of fungus can easily thrive in moist and warm parts of the body, such as the mouth and the genital area. Although this fungus is normally found in the body, infection can occur when there is an imbalance growth of it.

If you are worried about this infection affecting you, it is best that you become more aware of the symptoms of it, as well as the things that can trigger it. In most cases, candidiasis can occur when there is an imbalance growth of the bad bacteria. The overgrowth of fungus can be triggered by a lot of underlying factors such as stress, intake of certain types of medicines, pregnancy, decline in immune system, and many more.

Hormonal changes can also cause yeast infection, which is why most women experience this just before their monthly menstrual cycle. Aside from that, pregnant women also experience bouts of hormonal changes, which is why they are also more prone to yeast infections.

People who are taking antibiotics are also at risk of having yeast infection. This is because certain antibiotics can kill the good bacteria, which maintains the balance of candida in the body. With continuous antibiotic treatment, yeast infection can eventually occur, because of the fact that there would be an overgrowth of bad bacteria.

Yeast infection can become embarrassing, especially to a girl who is already sexually active. This is because there are certain symptoms of it, which can make her partner aware that she has it. Such symptoms can include the whitish vaginal discharge, which emits a foul smelling odor. Aside from that, when the yeast infection progresses, it can also become painful for a woman to have sex.

Contrary to common perception of yeast infection, it is rarely transmitted from one person to another through sexual contact. Although it happens, it does not necessarily mean that the other person has to be treated for it immediately.

There are a lot of possible remedies for yeast infection, and some of them can be prescribed by doctors. There are also home remedies for yeast infection, which can involve making use of natural substances such as feeding the body with more good bacteria with the use of yogurt. Understanding yeast infection better can be done in gathering more information about it, which can also include getting more familiar about its symptoms. It is best for a person to know more about it, so that she will be able to prevent it, or take proper steps to stop it from affecting her life.

### Symptoms of Yeast Infections

There are several people all around the world who have to deal with yeast infections these days. This is because this is one of the most common fungal infections that people are affected with, especially for women. If you are trying to determine whether you have fungal infection or not, then it is best that you become familiar with the symptoms associated with it.

Keep in mind that a yeast infection does not only cause inconvenience to you, but it can also cause embarrassment. Aside from that, you should realize that, although most people think that a fungal infection only pertains to the genital area, it can actually occur in other parts of the body as well such as the mouth, armpits, breast, and other parts that are usually warm and moist.

To know more about the common symptoms of vaginal yeast infection though, some of them are listed below.

Flat and red rashes on the skin outside the vagina. It can also cause the vulva to itch and it could even swell.

Itchiness on the vagina as well as the irritation can depend on the degree of the infection. Thus, at the starting point, the itchiness can be ignored by the person experiencing it, while it can become quite annoying, when the infection has progressed to its later stages.

As mentioned above, fungal infection, especially in the genital part can be a cause of embarrassment for an individual. This is because the person affected by it can have a thick and white discharge coming out of her vagina, which can sometimes look like cottage

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cheese. Although there are times when such a discharge is odorless, there are also instances when it can emit a foul smelling odor, which usually does not escape the attention of another person, especially during an intimate moment in bed.

When a fungal infection progresses, because of the fact that proper treatment is not applied, it can eventually cause pain when a woman urinates. This can also be the case, whenever she is having sex with her partner.

These are the common symptoms that you can lookout for, if you are worried about a vaginal yeast infection. Whenever you observe any of the symptoms mentioned on top, it is always best to approach your doctor as soon as possible, so that proper diagnosis would be done. On top of that, your doctor can also help you prevent the infection to progress, or treat it if ever you already got it.

Becoming more familiar of the symptoms of yeast infection is always a good idea to prevent it from spreading or progressing. Keep in mind though that a yeast infection can also occur on the male genital part, especially for guys who were not circumcised. Similar symptoms may also be observed, and early detection is also the key in getting it treated immediately, and in preventing it to affect the life of a person further.

### How To Prevent Yeast Infections

If you are now aware of the symptoms of yeast or fungal infection, then you probably want to make sure that you don't get to experience it. It is true that the symptoms of yeast infection can become a source of embarrassment and inconvenience, which is why, it is a good idea to know the ways to prevent it, so that you won't have to know the feeling of going through its annoying symptoms.

One of the best ways to prevent yeast infections is to know the things that can cause it. The main culprit that is behind this is the candida albicans, which is normally present in the body of a human being. However, when it grows abnormally, then it can eventually cause an infection. One of the things that can cause an overgrowth of candida, which is a certain type of fungus, is the imbalance of good and bad bacteria in your body. This usually happens when you experience hormonal changes, or when you take certain types of medications that kill the good bacteria.

To ensure that you are able to prevent fungal infection to occur, one of the things you can do is to increase your intake of probiotics or yoghurt. Since they contain good bacteria, you will be able to ensure that your body's bad bacteria would be maintained at normal levels, thereby, preventing fungal infection to occur.

Another cause for yeast infection is actually wearing tight clothing, which can be in the form of tight jeans, nylon underwear, pantyhose, and other types of garments, which hug your body and make certain parts of it warmer and moist. As you already know, fungus thrives in warm and

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moist environment; thus, continuous wearing of such types of clothing can eventually encourage yeast to develop further, in certain parts of your body. Thus, it is time to choose your clothing properly, and avoid wearing tight clothes from now on.

Although yeast infection can occur to both men and women, more women are affected by it due to the fact that they are fond of using different types of sanitary products. You may think that all of the products you are using are good for your skin and health. However, some of them, especially those that smell really well, can get certain parts of your body, which includes your genital area, to get irritated. Irritation can eventually lead to yeast infection, which is why, if you want to avoid it, then it is best to steer clear from perfumed products starting today. Go for mild products that are not loaded with fragrance as much as possible, so that you won't have to experience yeast infection later on.

As you may have gathered, if you check out the causes of yeast infection, it would lead you to think that the best way to prevent it is to live a healthy lifestyle, especially when stress is also one of the main causes of it. Thus, making some healthy modifications on the way you live may be the best solution for you to avoid getting affected by this fungal infection.

### Conclusion

After reading this report, you should now be more clear about what yeast infection is about, what causes it, what are its symptoms, and ways you can prevent it. As such, you should be better equipped and prepared to starting protecting yourself from yeast infection.

Bear in mind that if you ever have a yeast infection, you should not feel embarrassed to talk to your doctor about your condition so that you can get the required help as soon as possible. It is also important for you to know the cause of your yeast infection so as to help prevent it from happening.

It is always important for you to live a healthy lifestyle and reduce the amount of stress you face as it is the best way to help prevent a yeast infection and also most types of diseases. So, keep in mind the things and tips mentioned in this report and start working to prevent and cure your yeast infection, if you have one. Soon, you will be able to feel better!