

Feeling Uncomfortable? It Might Be Time for a Test

If you're noticing some unusual changes, like itchiness, burning, abnormal discharge, or odor in your vaginal area, it's a good idea to make an appointment with your healthcare professional.

Common Symptoms:

- ✓ Unusual vaginal discharge
- ✓ Itching or irritation inside or around the vagina
- ✓ A burning sensation during urination
- ✓ Vaginal odor
- ✓ Discomfort during intercourse

If you experience any of these symptoms, it's important to consult with your healthcare provider.

Keep an eye out for these common triggers:^{3,5}

Unbalanced Bacteria: Too much or the wrong type of bacteria in your vagina can lead to irritation.

Sexual Activity: New or multiple partners can increase the risk of vaginitis.

Irritating Products: Using strong soaps, douches, scented products, or detergents can cause irritation.

Hormone Changes: Less estrogen, like after menopause or during breastfeeding, can make the vagina more susceptible to irritation.

Health Conditions: Issues like uncontrolled diabetes or taking antibiotics can upset the natural balance in your vagina.

Get tested. Get treated.

If you are experiencing vaginal discharge, odor, or irritation, start a conversation with your healthcare provider today about vaginitis.

Vaginitis affects women of all ages across all walks of life. By staying informed, seeking support, and prioritizing your health, you're taking proactive steps toward reclaiming comfort and confidence in your own body.

Visit HologicWomensHealth.com for more information

References:

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Finding Vaginitis Relief and Well-Being



A Common Condition

Vaginitis affects millions of women worldwide.¹ It refers to the inflammation or infection of the vagina, resulting in discomfort, abnormal discharge, and sometimes itching or irritation.

It can be caused by various factors, including infection, hormonal changes, and allergic reactions.^{2,3}

Understanding the underlying causes of vaginitis and receiving the proper diagnosis are crucial for managing this condition effectively.

The Most Common Types of Vaginitis Include:³

Bacterial vaginosis (BV): Caused by an imbalance of normal bacteria in the vagina.

Yeast infection (Candidiasis): Caused by an overgrowth of the fungus Candida.

Trichomoniasis: A sexually transmitted infection (STI) caused by the parasite *Trichomonas vaginalis*.

What Should You Do if You Are Experiencing Symptoms?



Make an Appointment: Don't wait for it to go away on its own. Call your healthcare provider and schedule a time to talk.



Describe Your Symptoms: Mention any new discharge, odors, itching, or discomfort to your provider.



Get Tested: Testing might involve a quick swab, a urine sample, or even a physical exam. These tests can help determine the nature of your condition.



Follow the Plan: Once your test results come back, your healthcare provider will review them with you and provide a treatment plan as needed.



Preventing Reoccurrence³

Once you've dealt with vaginitis, here are some tips to prevent it from coming back:

- ▶ Keep genitals clean with mild soap and water
- ▶ Stay away from douching
- ▶ Use condoms during sexual intercourse
- ▶ Take the full course of prescribed medication

Everyone is Different

Talk to your healthcare provider to find out what might be causing vaginitis. They can help develop a prevention plan tailored just for you.

Vaginitis is one of the most common reasons for visiting an OBGYN.³

Vaginitis Treatment Options

Treatment depends on the type and cause of the condition. Your healthcare provider will help determine the appropriate treatment plan based on your diagnosis.

Treatment plans may include medication or other recommendations to get you feeling better.

It is essential to complete the full course of treatment prescribed by your provider to help prevent reoccurrence, even if symptoms improve before the medication is finished.

Why is Treatment Important?

In some cases, vaginitis will go away without treatment. However, treatment can help **avoid the increased chance of serious health risks** including:⁴

- ✓ Getting or transmitting HIV
- ✓ Premature birth if pregnant
- ✓ Getting other STIs like chlamydia or gonorrhea
- ✓ Pelvic Inflammatory Disease (PID), which can make it difficult to have children