

# Yeast

(sometimes called monilia)

Yeast vaginitis is caused by an overgrowth of a common fungus in women, which causes itching and discharge from the vagina. Sometimes in men it can cause a skin rash on the penis. A yeast infection is not considered an STD (sexually transmitted disease).

## ***Is it spread from one person to another?***

No. Yeast is normally found in small amounts in the vagina. Sometimes it grows too much and can cause problems. Very occasionally women with yeast infections will have sex partners who get redness or irritation of the penis (from contact to the vaginal discharge caused by yeast).

## ***What do I look for?***

### **Women:**

- White, “cottage cheese” discharge from the vagina.
- Severe itching around the vagina.
- Burning sensation with sex or with urination.

### **Men:**

Sometimes, men may get yeast under the foreskin or on the tip of the penis. This can be caused by hot weather, underwear that is too tight, spandex pants or nylon underwear.

## ***What else can cause yeast infections?***

- Diabetes
- Pregnancy
- Antibiotic medicines
- Sometimes birth control pills can cause yeast to overgrow.

## ***How can I avoid getting yeast infections?***

- Avoid tight pants, girdles, nylon underwear, pantyhose with a nylon crotch, and spandex pants.
- Use water-based lubricant (Astroglide, Probe, Aqua Lube) with vaginal sex to avoid irritation to the vagina, especially when using condoms.
- Avoid condoms with spermicide (nonoxynol-9) if you have frequent yeast infections. Use

plain lubricated, latex condoms.

### ***If you think you have a yeast infection but have not seen a doctor yet:***

- Use only warm or cool water for washing your genitals (no soap, hot water or washcloth).
- Avoid scratching. Use cold water on a cloth if itching is severe.
- Avoid sex in the vagina.
- If this is your first time with this problem get a check-up, because it could be another type of infection.
- Recurrent herpes is often mistaken for a yeast infection. Let your clinician check it out.
- If you use over the counter medicines (see below) try using them on the vaginal lips only to protect the skin from the discharge.

### ***How is yeast treated?***

Medicines you can buy at drugstores without a doctor's prescription are:

- **Women:** Miconazole or Clotrimazole vaginal cream. These come in cream form with vaginal application or suppository-(use for 3-7 days).
- **Men:** Clotrimazole or Miconazole skin cream.

**Do not use these medicines internally before a clinical check-up. A doctor will not be able to detect yeast once medicine has been placed in the vagina.** Your doctor may prescribe other medicines available only with a prescription.

**NOTICE:** Some of these treatments are oil-based and can make condoms or diaphragms leak or break. Wait 3 days after use before using condoms or diaphragms.

#### **For more STD info:**

<http://www.noah-health.org/>  
<http://www.ashastd.org/>  
<http://www.cdc.gov/std/>  
<http://www.dph.sf.ca.us/sfcityclinic/>  
<http://www.sfsi.org/>

#### **Women's Health Resources:**

<http://www.ppgg.org/>  
<http://endabuse.org/>  
<http://www.4woman.gov/>



A landmark in prevention

For a STD check-up or treatment,  
see your doctor, local clinic, or come to:

City Clinic  
356 Seventh Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(415)487-5500

<http://www.dph.sf.ca.us/sfcityclinic/>