

## Yeast Infection - Don't Be Embarrassed?

Yeast infection can be an embarrassing problem for women to talk about. Heck, I should know. As an understanding male I very well remember my first ever relationship; a month into it and something just didn't seem right. To cut a long story short, my trusting girlfriend finally confided in me and fully expected that I would "run for the hills." I didn't. That is one of the main reasons women are very reluctant to talk about yeast infection.

And you can't blame them!

Yeast infections are the second most common cause of vaginal burning, itching, and discharge in women. Yeast overgrowth can occur through antibiotic and steroid use while other yeast infection contributors include birth control pills, pregnancy and menstruation.

Yeast infection is likely to affect at least 70 per cent of women once in their lifetime. One of the problems with yeast infection treatment is that most women prefer to self medicate rather than visit their local physician. This gets back to the topic of embarrassment but in itself, can be more damaging than good. Why? Because the symptoms of yeast infection can mirror other, more serious conditions and it really does need a doctor's opinion to diagnose whether it really is a yeast infection or not.

Treatment of yeast infection is quite easy. There are numerous over the counter treatments available to women. The problem exists though, that without proper medical consultation, the symptoms being displayed may not be yeast infection. By going out and treating yourself without medical opinion could put you at risk if you treat for the incorrect condition.

What Is Yeast Infection?

A yeast like fungus called candida, which is always present in our bodies in small numbers can sometimes overgrow for the reasons mentioned earlier causing infection. They are particularly partial to the warm, moist areas of the human body.

Symptoms Of Yeast Infection

Tell tale signs of yeast infection include itching and irritation, redness and swelling of the vulva and white discharge. It's common to mistake yeast infection symptoms for a sexually transmitted disease.

So what should you do if you display some of the symptoms above? For one thing, good medical opinion is strongly advised. Yeast infection, while a common problem, is easily treatable but again, the warning is made that it's symptoms are similar to more serious conditions. Your doctor will advise you firstly, whether you have a yeast infection and secondly, what course of treatment is required. Eliminate the prospect of wrong self diagnosis and more importantly, wrong self treatment.

Source: <http://www.articlecircle.com>

### About the Author

Dean Caporella is a professional broadcaster with an interest in a wide range of topics. Infections have plagued the human race in one form or the other since time began. Get the latest news and reviews at <http://www.yourinfectionsite.com>