

### WHAT IS VAGINITIS?

Vaginitis is inflammation of the vagina. It is usually caused by some infection. The infection can be transmitted sexually or non-sexually.

### RISK FACTORS

- Pregnancy
- Antibiotics and steroid medicine
- Not using a condom during sex
- Weakened immune system

### WARNING SIGNS AND SYMPTOMS

The most common occurring symptoms for most types of vaginitis are:

- Itching, burning and irritation of the vagina
- Painful urination
- Painful intercourse
- Vaginal discharge

### DIAGNOSIS

Vaginitis is usually diagnosed by the examination of vaginal fluids.

### PREVENTIONS

- Do not douche
- Practice safe sex

### COMMON TYPES OF VAGINITIS

#### CANDIDA OR "YEAST" INFECTIONS

Candida is a type of yeast (fungus). When yeast overgrows in the vagina, it causes a yeast infection. The vagina can become red and itchy. This form of vaginitis can produce a thick, white discharge that looks like cottage cheese, varying from watery to thick liquid.

#### BACTERIAL VAGINOSIS (BV)

Bacterial vaginosis is caused by bacteria that do not usually grow in the vagina. The milky discharge caused by this infection often has a "fishy" smell that smells strongest after sex.

#### NON-INFECTIOUS VAGINITIS

Non-infectious vaginitis is usually caused by an allergic reaction or irritation to the vagina.

#### SEXUALLY TRANSMITTED DISEASES (STDs)

STDs such as trichomoniasis, gonorrhea, and chlamydia are other common causes of vaginitis. Diagnosis is usually done by: cell culture, urine or blood test. Symptoms may include inflammation and vaginal discomfort.

### TREATMENTS

Please contact your health care provider for treatment options. Some treatment choices include anti-fungal medications, antibiotics, or stop using products that cause the irritation.

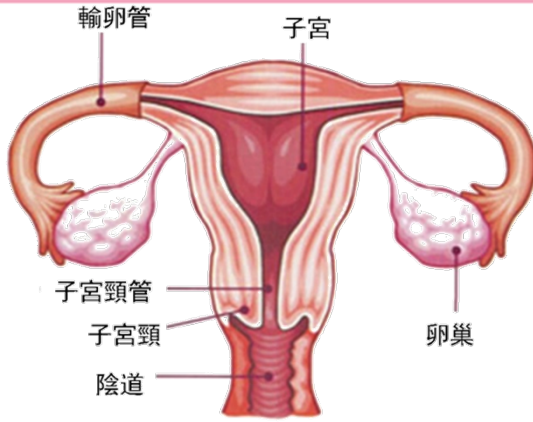
Source:

- National Institute of Allergy and Infectious Disease

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### 甚麼是陰道炎?

陰道炎是陰道的炎症。它通常是由感染引起的，感染途徑可以是性傳播或非性傳播。

### 風險因素：

- 懷孕
- 抗生素和類固醇藥物
- 不使用避孕套進行性行為
- 免疫系統減弱

### 陰道炎的警告性症狀

大多數類型的陰道炎中最常見的症狀有：

- 陰道出現瘙癢，燒灼感和刺痛感
- 小便疼痛
- 性交時出現疼痛
- 陰道分泌物

### 診斷

陰道炎通常是通過檢查陰道分泌液來確診。

### 預防

- 不要灌洗陰道
- 進行安全的性行為

### 陰道炎常見的類型

#### 念珠菌感染

念珠菌是一種真菌。當真菌在陰道內中過度生長，它會導致真菌感染。陰道會變得又紅又癢。這種類型的陰道炎可產生濃稠的白色分泌物，看起來像奶酪，可以是像水一樣或粘稠液體。

#### 細菌性陰道病

細菌性陰道病是由通常不會生長在陰道的細菌引起的。這種由感染引起的陰道炎也會產生白色分泌物，但白色分泌物會帶腥味，性愛後這種氣味更加強烈。

#### 非感染性陰道炎

非感染性陰道炎通常是由過敏反應或陰道受到刺激而引起的。

#### 性病

性病，如滴蟲病，淋病，衣原體感染是引起陰道炎的其他常見原因。性病的診斷是通過細胞培養，尿液或血液測試來確定的。性病的症狀包括炎症和陰道不適。

#### 治療

請與您的醫生討論具體治療方案。一些治療方案選擇包括抗真菌的藥物，抗生素，或停止使用引起陰道刺激的產品。

資料來源：

- National Institute of Allergy and Infectious Disease

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