

VAGINAL THRUSH

WHAT IS VAGINAL THRUSH?

Thrush is a type of yeast infection, caused by the fungus *Candida albicans* (in over 90% of cases). Although *C. albicans* is part of the normal flora that lives in the mouth, throat, intestine and vagina, it may become pathogenic and cause symptoms such as vaginal discharge and itchiness.⁴

Vaginal thrush (or vulvovaginal candidiasis) is a common condition that afflicts approximately 75 % of all sexually active women at least once in their life.⁵

WHAT CAUSES VAGINAL THRUSH?⁴



You are taking antibiotics used to treat another infection. Antibiotics change the normal balance between organisms in the vagina



You are pregnant



Impaired immune system



Uncontrolled diabetes



Taking of oral contraceptives or hormone therapy

WHAT IS RECURRING VAGINAL THRUSH?

Recurring vaginal thrush is defined as 4 or more episodes within a 1 year period.⁵

WHAT ARE THE SYMPTOMS?^{4,5}



Abnormal vaginal discharge ranging from a slightly watery, white discharge to thick, white, and chunky (like cottage cheese)



Itching and burning of the vagina and labia



Painful urination



Redness and swelling of the skin just outside of the vagina (vulva)



Pain during intercourse

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⁵⁰ **Reuterina™ Femme:** Each veg capsule contains $2,5 \times 10^9$ cfu's of *Lactobacillus rhamnosus* GR-1 and $2,5 \times 10^9$ cfu's of *Lactobacillus reuteri* RC-14 until expiry date.

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TREATMENT OF VAGINAL THRUSH

It is important to visit your healthcare provider to ensure that there is no underlying cause for recurring vaginal thrush.

Vaginal thrush is commonly treated with an antibiotic or antifungal (or both)⁵, however,

HOW IS IT ADMINISTERED?

INDICATION

Help restore and maintain healthy vaginal flora.

DOSAGE

1 capsule daily

INDICATION

In combination with antibiotics and antifungal medication to increase effectiveness and cure rate in yeast and bacterial vaginal infections.

DOSAGE

1 capsule daily



Reuterina™

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References

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3. Reid G, Hammond J, Bruce AW. Effect of Lactobacilli Oral Supplement on the Vaginal Microflora of Antibiotic Treated Patients; Randomized, Placebo-Controlled Study. *Nutr Food* 2003; 8: 145-148.
4. Mayo Clinic definition: <http://www.mayoclinic.org/diseases-conditions/yeast-infection/basics/definition/con-20035129> accessed October 2017.
5. Martínez RCR, Franceschini SA et al. Improved treatment of vulvovaginal candidiasis with fluconazole plus probiotic *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14.
6. Petricevic L, Unger FM et al. Randomized, double-blind, placebo-controlled study of oral lactobacilli to improve the vaginal flora of postmenopausal women. *European Journal of Obstetrics and Gynecology and Reproductive Biology* 141 (2008) 54 – 57.

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