

# VAGINAL THRUSH

## WHAT IS VAGINAL THRUSH?

Vaginal thrush, medically called vulvovaginal candidiasis, is a common yeast infection caused by an overgrowth of a fungus called *Candida albicans*.<sup>1</sup>

Vaginal thrush is actually quite common, affecting almost  $\frac{3}{4}$  of women during their lifetime, adversely affecting physical and emotional health.<sup>1</sup>

## WHAT IS RECURRING VAGINAL THRUSH?

When a woman experiences 4 or more episodes of thrush in a 12 month period.<sup>1</sup>



## Reuterina<sup>®</sup> FAST FACTS

### WHAT CAUSES VAGINAL THRUSH?

While any woman can experience vaginal thrush, there are certain conditions that increase the risk of developing the infection, these can include:<sup>1</sup>



Antibiotic use



Chemotherapy (Cancer medication)



Pregnancy



Diabetes

### WHAT ARE THE SIGNS OR SYMPTOMS?

Signs of thrush can include:<sup>1</sup>



Abnormal discharge



Itching or burning



Redness, soreness and swelling




Painful urination and/or sex

# Reuterina<sup>®</sup>

The Probiotic for Life

Ascendis Pharma (Pty) Ltd. Co Reg No. : 2002/001567/07  
Customer Care Line: +27 11 036 9600 066 ZA Reut ZA 112020

Like us on 

[www.reuterina.co.za](http://www.reuterina.co.za)

To view a free digital version of this material and many other health topics, point your phone camera here.



## TREATING THRUSH

Vaginal thrush can be treated with over-the-counter medications or with prescribed antifungals. Such medications can be topical or oral (taken by mouth).<sup>1</sup>

Other good management tips include:<sup>4</sup>



Good hygiene



Using a soap substitute



Wearing loose fitting underwear



Avoiding use of perfumed sanitary products

Combining pharmaceutical medicines with probiotics can be a way to better manage common genital infections.<sup>2</sup>

## THE ROLE OF REUTERINA FEMME® IN WOMEN'S HEALTH.

Reuterina Femme® contains two strains of probiotic bacteria - *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14 – when taken orally are able to colonise the vaginal area.<sup>4</sup>

- These strains have proven efficacy in the treatment and prevention of urogenital infections in women.<sup>2,5</sup>

## DID YOU KNOW?

Reuterina Femme® capsules are suitable for vegetarians?<sup>4</sup>



## HOW IS REUTERINA FEMME® TAKEN?

### REUTERINA FEMME®

Taken once daily.

One to two capsules are swallowed (by mouth) as needed, or as directed by a healthcare professional.<sup>4</sup>



Each capsule contains:

- 2,5 billion ( $2,5 \times 10^9$ ) colony forming units *Lactobacillus rhamnosus* GR-1.
- 2,5 billion ( $2,5 \times 10^9$ ) colony forming units *Lactobacillus reuteri* RC-14.

## Reuterina femme®

Can be taken to maintain and restore a healthy vaginal flora,<sup>4</sup> thereby helping prevent urogenital infections (such as vaginal thrush).<sup>4</sup>



### References:

1. Wright M. Vaginal and Vulval Candidiasis. Professional Articles on Infectious Diseases [Last edited August 16, 2019]. Available from: <https://patient.info/doctor/vaginal-and-vulval-candidiasis> Accessed August 2020.
2. Martinez RCR, et al. Improved cure of bacterial vaginosis with single dose of tinidazole (2 g), *Lactobacillus rhamnosus* GR-1 and *Lactobacillus reuteri* RC-14: a randomised, double-blind, placebo-controlled trial. *Can J Microbiol* 2009;55:133-138.
3. Reid G, Charbonneau D, Erb J, et al. Oral use of *Lactobacillus rhamnosus* GR-1 and *L. fermentum* RC-14 significantly alters vaginal flora: randomized, placebo-controlled trial in 64 healthy women. *FEMS Immunology and Medical Microbiology* 2003;35:131-134.
4. Reuterina femme® Approved Package Insert, December 2009.
5. Gardiner GE, Heinemann C, Bruce AW, et al. Persistence of *Lactobacillus fermentum* RC-14 and *Lactobacillus rhamnosus* GR-1 but Not *L. rhamnosus* GG in the Human Vagina as Demonstrated by Randomly Amplified Polymorphic DNA. *CLIN. DIAGN. LAB. IMMUNOL.* 2002;9(1):92-96.

<sup>50</sup> 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.



Distributed by Medinformer.

To reorder tear-sheets please contact us on +27 21 438 0841 or [services@medinformer.co.za](mailto:services@medinformer.co.za).  
This content is protected in terms of the Copyright Act 98 of 1978.