

The Everyday Effects of Recurrent Vulvovaginal Candidiasis

(Chronic Yeast Infection)

A vaginal yeast infection is a common disorder caused by an overgrowth of a fungus called *Candida*.



75% of women will get a vaginal yeast infection — also known as vulvovaginal candidiasis (VVC) — in their lifetimes, and many women will experience 2 or more.

A small percentage of women will have **recurrent vulvovaginal candidiasis (RVVC)**, commonly known as chronic yeast infection, which is a different condition from VVC and defined as 3 or more episodes of yeast infection in 12 months. The symptoms can be extremely uncomfortable and can affect every aspect of life.

The daily impacts of RVVC



Work

In one study, people with RVVC missed an average of nearly **5 days of work** each year



Exercise

RVVC can make exercising uncomfortable



Time

Going to doctor's appointments can eat into time you could be doing other things



Diet

You may have to spend time and energy figuring out what you can and can't eat



Intimacy

RVVC may make sex uncomfortable or undesirable



Finances

Doctor's appointments and treatments cost money





If you think you have RVVC,

consult with your healthcare provider about diagnosis and treatment. Although there are no FDA-approved treatments for RVVC, these tips may reduce your symptoms and discomfort.



Diet

Foods with simple sugars can all increase the risk of a yeast infection.

-  fruit
-  white flour
-  dairy products
-  fermented food with yeast, such as beer, wine and kombucha

Instead try some yogurt with live cultures of the "friendly" bacteria, *Lactobacillus acidophilus*.

Clothing

Keep your crotch area cool and dry, so choose cotton fabrics, avoid tight-fitting clothing such as leggings or tights, and sleep without underwear to discourage yeast growth.

Exercise

Promote a healthy immune system by getting regular exercise but remember that yeast thrives in moist environments, so don't sit around in a wet bathing suit or sweaty workout clothes.



Did you know?

A yeast infection is not a sexually transmitted infection, but there is a small chance that sexual partners can infect one another. Condoms can reduce the risk of passing yeast back and forth but can also trigger a yeast infection.

Sex

A yeast infection can cause pain during sex, so you may want to avoid sexual activity during a flare-up.



Did you know?

Vaginal douching with feminine products can kill off the good bacteria that control fungus. Stick to mild soap and water.



Hygiene

Keep your vagina clean and be sure to dry off completely after bathing, showering or swimming. Avoid perfumed products, including toilet paper and sanitary products.

Relaxation

Before you get ready to watch your favorite movie or TV show, take a shower and change into loose-fitting cotton clothing.

