

ALLEVIATING VAGINAL SYMPTOMS

*Very often women can have **pain, burning, itching, swelling, lumps, sores, or irritation** in the outer vaginal area. An exam is needed to determine if the symptoms are from:*

- *an overgrowth of yeast or “bad” (anaerobic) bacteria*
- *an allergic reaction (to pads, toilet tissue, detergents, soaps, etc.)*
- *chronic wetness (from urinary leaking or frequent discharge)*
- *inflammation due to a chemical exposure (hot tubs, fragrances, spermicides)*
- *atrophy (thinning of vaginal tissue due to lack of estrogen)*
- *pressure or minor trauma (such as bike riding, horseback riding, falling)*
- *enthusiastic sexual relations (causing split skin)*
- *sexually transmitted disease (such as Herpes)*
- *abnormal cells (wart, tumor, lichen sclerosis, lichen simplex, etc.)*
- *or other problems of the skin (eczema, psoriasis, hives, etc.)*

Regardless of the cause, here are some simple options to help reduce the symptoms:

TOPICAL TREATMENTS – use as often as needed

- Sitz Bath (soak in Epsom Salts and lukewarm water in tub twice daily)
- Herbal Salves (Vitamin E cream, Comfrey, Calendula, St. John’s Wort, etc.)
- Silver Oxide (gentle products to heal vaginal skin such as Femmesil.)

PRESCRIPTION CREAMS

- Steroids (medium – high potency; 2 – 3 times per day for a short course)
- Estrogens (once nightly for a short course to heal tissue)

SYSTEMIC TREATMENTS – as often as directed on bottle

- Anti-inflammatory pills (such as Motrin, Aleve, Zylamend, etc.)
- Anti-itch pills (such as Benadryl)
- Pro-Biotics such as yogurt, Primal Defense or Keifer Milk, especially those containing *Lactobacillus crispatus* and *Lactobacillus jensenii*

I hope this handout helps you with understanding and treating your condition. If you have any questions or problems, please call me at 603-516-0000 or email me at drterri@bestgyn.com.

I am always at your service,

~ Dr. Terri Vanderlinde