

# Recurrent YEAST or BV Overgrowth

*Thank you for asking about recurrent vaginal infections. This is a fairly common (yet annoying and frustrating) problem, especially among women on antibiotics, diabetics, pessary wearers, and low immunity patients. There are a lot of simple things that can be done to reduce the frequency of episodes. However, first, it is important to have an exam to verify that the symptoms of itching, burning, discharge, pain, odor, etc. are not due to a bladder infection, a sexually transmitted disease, an allergic reaction, presence of abnormal cells, thinning & splitting of the vaginal entrance, or something else.*

*The main goal of all the therapies is to create and maintain a healthy acidic vaginal environment. Things that make the vagina less acidic (more basic) such as lubricants, semen, blood, etc. encourage imbalance and overgrowth of unwanted organisms. Yeast and Bacteria are both **normal** parts of the vaginal environment. They are **supposed** to be there in very small amounts, usually causing no symptoms. When there is less than the normal amount of good bacteria (*Lactobacillus crispatus* & *Lactobacillus jensenii*) then the vagina is less acidic due to the lowered production of Hydrogen Peroxide. Easy ways to keep a healthy, acidic environment in the vagina, and therefore help the good bacteria to grow:*

- Do NOT douche (*it washes out the good bacteria, too*)
- Limit processed sugar and alcohol intake
- Limit antibiotic use as much as possible
- Eating live-culture yogurts daily may help
- Take general multi Pro-Biotics orally, such as Primal Defense, Keifer Milk, etc.
- Place Pro-biotics containing *L. crispatus* & *L. jensenii* directly into the vagina.
- Use Boric Acid vaginal suppositories (600 mg 2 times / day to treat an infection).  
(*For Prevention: 1 suppository after sex and after a period and with antibiotics.*)
- Herbal products such as Femmesil, garlic tampons, or Gentian Violet can help.
- Homeopathic Remedies are well known for their natural balancing of the body.
- Estrogen creams, ring, or tablets in the vagina keep the walls healthy.

Over-The-Counter Yeast treatments are:

- *The 1,3, 5 and 7 day courses of Monistat or Gyne-Lotrimin*

Prescription treatments for Yeast include:

- Terazole and Gynezole Creams
- Diflucan (*and other oral anti yeast*) tablets

Prescription treatments for BV:

Flagyl antibiotic, Topical or Oral  
Cleocin antibiotic, Ovules, Cream or Oral  
Vandazole antibiotic, topical gel.

*Occasionally a prolonged course of topical cream or oral pill therapy is needed to get rid of the problem. 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](mailto:drterri@bestgyn.com) . I am at your service, ~ Dr. Terri Vanderlinde*