

# Is there a correlation between a lack of education and reoccurring vaginal infections?

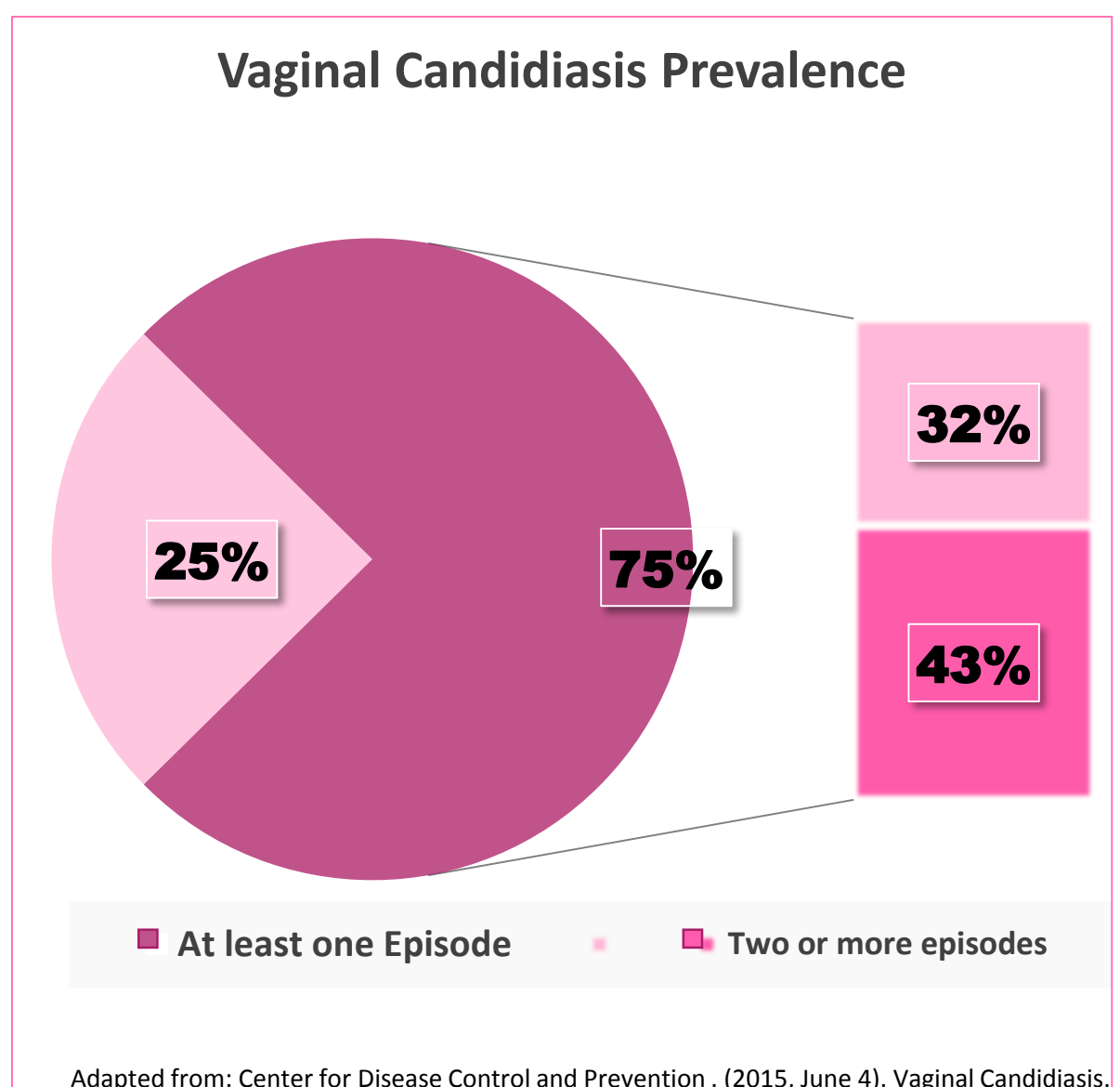
## Introduction

The following recommendations and graph illustrate Vaginal Candidiasis, which is one of the few vaginal infections. Vaginal Candidiasis is caused by *Candida albicans* or other yeasts which can cause pruritis, vaginal soreness, burning and discharge.

### Recommended teaching for prevention:

- Reduce dietary intake of simple sugars and soda.
- Wear white, 100% cotton underpants.
- Avoid wearing tight pants or exercise clothes with spandex.
- Wash vaginal area with a mild, unscented soap and dry gently.
- Avoid the use of bubble baths or scented bath products.
- Wash and dry underwear in unscented laundry detergent and hot water.
- Remove wet bathing suits promptly.
- Avoid vaginal sprays/deodorants. Use white, unscented toilet paper and wipe from front to back.
- Avoid douching.
- Avoid the use of super-absorbent tampons.

Ricci, S. S., Kyle, T., & Carman, S. (2017). *Maternity and Pediatric Nursing* Third Edition. Philadelphia: Wolters Kluwer.



## Discussion

Despite ample research on prevention, most women lack the knowledge on how to prevent episodes of vaginal infections. Prevention is important because numerous vaginal infections make women more susceptible to sexually transmitted diseases or other health complications.



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