**FUNGAL INFECTIONS (MYCOSIS, CANDIDA)**

**What are fungal infections?**
Mycosis are caused by an overgrowth of fungi. The most common vaginal type of infection is candida.

**What causes mycosis?**
Fungi are naturally present on everybody’s skin and mucous membranes. Fungal infections that cause symptoms are transmitted through unprotected vaginal, oral or anal intercourse.

For women, frequent occurrence of mycosis in the vaginal area can be a sign of an abnormal vaginal environment. This can be due to the use of aggressive soaps, after antibiotic treatment or in connection with hormonal contraception or pregnancy.

**What are its symptoms and its consequences?**

**Women:**
- Swelling and reddening of the labia
- Pain during intercourse
- Whitish coating of severely inflamed mucous membrane
- Strong itching
- Burning sensation during urination
- Milky-white, rather viscous flaky discharge with a yeasty odour

**Men:**
- Strong itching
- Burning sensation during urination
- Inflammation of the glans and foreskin

**How are mycosis infections tested for?**
Testing for mycosis involves analysis of a mucosal swab.

**How is mycosis treated?**
Mycosis can be cured with antifungal drugs.

**Should sexual partners get treatment as well?**
Mycosis needs to be treated only in case of symptoms. Sexual partners should get a medical exam if they experience symptoms.

**How can the (re-)infection be prevented?**

The following rules apply to women:

- No soap or sprays in the vaginal area, no vaginal douches. It is best to wash the vagina only externally with tepid water.
- Tampons and sanitary pads should be changed regularly and should only be used during menstruation. Cotton underwear is better to use than synthetic underwear (which does not «breath»). G-strings and very tight trousers can make things worse and should be avoided.

The following rules apply to women and men:

- During treatment, condoms should be used, or sex be for–goned altogether.
- The third safer sex rule is applicable: In case of itchiness, stinging or discharge, go and see a doctor.

More information: lovelife.ch