

## Dealing With Yeast: Common Infection Affects Millions

(NAPSA)—It's a condition that approximately 75 percent of women will experience at least once in their lives, and up to 45 percent of women experience recurrent episodes. The symptoms are unpleasant and can be embarrassing. The condition affects millions of women each year.

Vaginal yeast infection is not the most pleasant topic, but because the condition strikes so many women, it is important to understand it.

Vaginal yeast infections are caused when there is an overgrowth of yeast in the vagina. Yeast is always present in the vagina, but if there is too much, irritation can occur. Some factors that may facilitate the growth of yeast include pregnancy, uncontrolled diabetes, use of oral contraceptives or some antibiotics, or use of douches or perfumed feminine hygiene sprays. Wearing tight, poorly ventilated clothing or underwear also can spawn yeast growth.

Symptoms of yeast infection include itching, burning, or irritation in the vaginal area; painful urination or intercourse; or a thick, whitish-gray vaginal discharge.

While the condition is unpleasant, treatment of a yeast infection is relatively simple and can involve many brands of oral or vaginal anti-fungal medications. The most convenient treatments involve medications that require only one dose. While there is a single-dose oral medication available by prescription, many doctors and patients prefer topical creams because they are directly applied to the affected area.

Gynazole-1™ (butoconazole nitrate) vaginal cream, 2% is the only one-dose, prescription cream for yeast infections caused by the most common organism—*Candida albicans*. Gynazole-1 uses a new, patented technology that helps the medicine adhere to the wall of the vagina so the single dose can stay in the body for more than four days. As a result, it is less messy and more convenient than some topical, over-the-counter alternatives like Monistat®, Femstat®, or Gyne-Lotrimin®, which do not have bioadhesive technology. The ability of this unique formulation to stay inside the body allows



women to use Gynazole-1 anytime of day, unlike the alternative creams that require a bedtime treatment.

“When a woman experiences unfamiliar vaginal symptoms, she should visit her doctor immediately for a complete examination and diagnosis,” said Sebastian Faro, MD, a specialist in Obstetrics and Gynecology and Infectious Diseases at The Women’s Hospital of Texas, Houston. “Studies show that fewer than 40 percent of women who self-diagnose a yeast infection actually have one, and incorrect self-diagnosis can potentially overlook other serious medical conditions. Additionally, doctors can offer a broader range of treatment options for yeast infections.”

There are a few things women can do to reduce their risk of getting a yeast infection.

- Wear loose, natural-fiber clothing and underwear with a cotton crotch.
- Limit wearing of pantyhose, tights, leggings, nylon underwear, and tight jeans.
- Don’t use deodorant tampons and feminine deodorant sprays, especially if an infection is beginning.
- Dry off quickly and thoroughly after bathing and swimming. Don’t stay in a wet bathing suit for hours.

- If sexually active, use a latex condom.

Additional information for use of Gynazole-1:

- Gynazole-1 (butoconazole nitrate) vaginal cream, 2% is indicated for the local treatment of vulvovaginal infections caused by *Candida albicans*. The diagnosis should be confirmed by KOH smears and/or cultures.

Note: Gynazole-1 is safe and effective in non-pregnant women; however, the safety and effectiveness of this product in pregnant women has not been established.

- Gynazole-1 may weaken latex or rubber products such as condoms and contraceptive diaphragms. Usage within 72 hours of treatment is not recommended.

- If clinical symptoms persist, tests should be repeated to rule out other pathogens, to confirm the original diagnosis, and to rule out other conditions that may predispose a patient to recurrent vaginal yeast infections.

- Recurrent vaginal yeast infections, especially those that are difficult to eradicate, can be an early sign of infection with the human immunodeficiency virus (HIV) in women who are considered at risk for HIV infection.

For more information about Gynazole-1 (butoconazole nitrate) vaginal cream, 2%, visit [www.ther-rx.com](http://www.ther-rx.com).