

## What are the symptoms that indicate you have thrush? How to recognize it and what to do



**EUBOS 10% UREA BODY LOTION** **Thrush** is a fungal infection caused by fungi of the genus *Candida*.

Although this infection, known as vaginal candidiasis or simply thrush, is more common in women, it can also affect men. In women, symptoms of vaginal thrush may include itching, burning and pain in the genital area, a white, curd-like discharge, painful urination or intercourse, as well as redness and swelling. On the other hand, the symptoms of thrush in men can be similar to those in women: itching, burning and redness, a white, curd-like discharge after phimosis, and sometimes painful urination or ejaculation.

### What are the causes of thrush?

Thrush occurs when the *Candida* species of fungi that naturally exist in the human body, especially in the mouth, intestines and genitals, become overgrown. This imbalance can be caused by several factors:

1. **Use of antibiotics:** Antibiotics kill both pathogenic and good bacteria. When antibiotics are used, the good bacteria that keep *Candida* in check can be killed, allowing *Candida* to grow independently.
2. **Hormonal changes:** Hormonal changes can increase *Candida* growth in women, especially during pregnancy or before menstruation. Hormonal contraceptives can also cause thrush in some women.
3. **Weak immune systems:** People with weakened immune systems, such as those with HIV/AIDS, taking immunosuppressants or chemotherapy, or those with autoimmune diseases, are more prone to thrush.
4. **Diabetes:** People with diabetes, especially if it is not well controlled, may have a higher risk of *Candida* overgrowth because the fungus feeds on glucose.
5. **Poor hygiene:** Excessive sweating or wearing damp, synthetic clothing can create an ideal environment for *Candida* to thrive.
6. **Sexual activity:** Although genital thrush is not a sexually transmitted disease, having sex can increase the risk of getting thrush, especially if one partner already has thrush. Unsafe sex can also cause irritation and increase the risk of thrush.

It is important to remember that not all people who are exposed to these factors develop thrush. Each person's reaction to *Candida* fungi may vary, depending on the state of their immune system, general health, and other factors.

### What are the symptoms of thrush?

Thrush can manifest differently in women and men.

**In women, the most common symptoms include:**

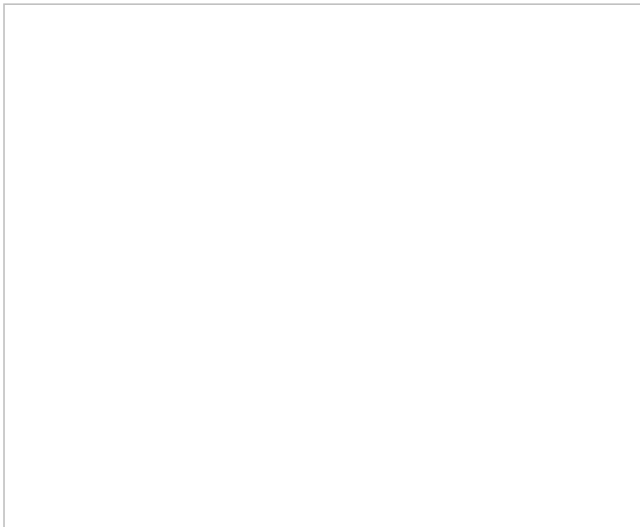
- Itching and burning in the genital area.
- White, curd-like discharge from the vagina, which is often odorless.
- Redness, swelling and possible pain.
- Painful urination or painful intercourse.
- Dryness or flaking of the vaginal walls.

**In men, symptoms of thrush may include:**

- Itching, burning and redness.
- White, curd-like discharge after phimosis.
- Painful urination or ejaculation.
- The skin may become dry, scaly, or sometimes small scratches may appear.

These symptoms may not occur in all individuals diagnosed with thrush and can range from mild to very severe.

When it comes to the prevalence of genital thrush, it is a very common condition. Statistics show that approximately 75% of women experience thrush at least once in their lifetime, and up to 50% of women experience it multiple times. In men, thrush is less common, but still quite common, especially among men who have diabetes. In addition, it is possible for men to contract thrush from a sexual partner who has had thrush, even if he has no other risk factors.

**How is thrush treated?**

Treatment for thrush usually involves the use of antifungal medications. Such drugs can be taken orally or applied directly to the genitals (creams, gels, tablets or suppositories).

For **women**, tablets, creams or suppositories are usually prescribed, which work directly and reduce symptoms. In some cases, an oral antifungal medication such as fluconazole may be recommended.

Antifungal creams are usually prescribed for **men**. As with women, an oral antifungal medication may be recommended.

Symptoms of thrush usually start to subside within a few days of starting treatment, but it is important to finish the full course, even if symptoms have cleared, to ensure that all the fungus has been killed and that the infection does not reoccur.

If a patient experiences recurrent thrush, the doctor may recommend a longer course of treatment or regular courses of treatment to prevent recurrences. A possible cause of recurrent thrush, such as diabetes or an immunodeficiency condition, may also be investigated and treated.

Through sexual contact, although thrush is not a sexually transmitted disease, a sexual partner can become infected. Therefore, when treating thrush, it may be recommended to temporarily abstain from sexual intercourse or use condoms until the infection is completely cured.

It is important to note that successful treatment also requires changing some aspects of lifestyle that can contribute to the growth of fungi, such as improving hygiene, changing clothes and underwear made of natural materials, eating a balanced diet and managing health problems that can weaken the immune system.

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