

Vaginal Infection

A vaginal infection, also called vaginitis, is the irritation of the vagina that causes changes in vaginal discharge, itching, odor and other signs.

Most women have some vaginal discharge. This discharge keeps the vagina clean and moist. Normal discharge has a mild odor and should be clear, white or yellow. It may leave a yellowish color on your underpants when it dries. You may have a few days of heavy, clear, slippery discharge about halfway between your monthly periods. This occurs when an ovary releases an egg.

Signs

You may have one or more of these signs with a vaginal infection:

- Change in the amount, color or odor of vaginal discharge
- Itching or burning around the vagina
- Burning when urinating
- An urge to urinate more often
- Sores or warts near the vaginal opening
- Painful sexual intercourse
- Chills or fever
- Stomach or abdominal pain or cramping

Call your doctor if you have any signs of infection. Your doctor will do an exam to find out the type of infection you have.

Caabuqa Hoosta Haweenka

Caabuqa ama jeermis ku dhaca hoosta haweenka (vaginitis), waa xajiimoy ku dhaca hoosta haweenka oo sababa isbeddelo ah dheecaanka hoosta haweenka, cuncun, ur iyo calaamado kale.

Haweenka badidoodu waxay leeyihiin xoogaa ah dheecaanka hoosta. Dheecaankaasi waxa uu hoosta haweenka ka dhigaa meel nadiif ah oo qoyan. Dheecaanka caadiga ahi waxa uu leeyahay ur khafiif ah waana in uu noqdo mid midabkiisu yahay saafi, cadaan ama hurdi. Waxa laga yaabaa inuu ku reebo nigiskaaga ama matantahaaga midab ah hurdi marka uu qalalo. Waxa laga yaabaa inaad yeelatid dhawr maalmood oo ah dheecaan badan, saafi ah, oo simbiriirixo leh mudo ku aadan kala-barka caado bileedyadaada. Waxay tani dhacdaa marka ukun-siduhu soo daayo ukun.

Calaamadaha

Waxa aad yeelan kartaa mid ka mid ah, ama in ka badan calaamadahan marka uu jiro caabuqa/fashfashka hoosta haweenka:

- Isbeddel ku dhaca qadarka, midabka ama urta dheecaanka hoosta haweenka
- Cuncun ama gubasho ah agagaarka hoosta haweenka
- Kaadida oo ku gubta
- Kaadi qabashada oo soo badata
- Nabaro ama finan ka soo baxa agagaarka daloolka hoosta
- Galmada oo xanuun leh
- Qarqaryo ama qandho
- Xanuun caloosha ah ama maroojis

Wac dhakhtarkaaga haddii aad leedahay mid ka mid ah calaamadaha caabuqa/fashfasha. Dhakhtarkaaga ayaa sameyn doonaa baadhitaan si loo ogaado nooca caabuqa/fashfashka aad qabtid.

Types of Vaginal Infection

- **Yeast Infection**

Yeast infections are caused by fungus. Vaginal discharge is thick, white and looks like cottage cheese. There is a strong, but not foul odor. Yeast infections can cause vaginal itching.

- **Bacterial Vaginosis (BV)**

Bacteria that live in stool cause this type of vaginal infection. Vaginal discharge is watery, gray in color, heavy and foul smelling. There may be pain during urination and itching around the vagina.

- **Atrophic Vaginitis**

The thinning and shrinking of the vagina cause this infection. It can occur when estrogen levels are low after menopause, childbirth or while breastfeeding. It may cause discharge, itching and burning. Urination and sexual intercourse may become difficult and painful.

- **Trichomoniasis Vaginitis**

“Trich” is a sexually transmitted infection caused by a parasite. Heavy discharge with odor, itching, and painful sexual intercourse and urination may occur. Some women have no signs. You may become infected again if your partner is not also treated.

Your Care

See your doctor if you have any signs of infection. Your treatment may include:

- Medicines

- ▶ Finish all of your medicine as ordered. The infection may still be present even if the discharge goes away before the medicine is finished.

Noocyada Caabuqa/fashfasha Hoosta Haweenka

- **Caabuqa Khamiirka**

Caabuqa khamiirka (yeast infections) waxa sababa fangas. Dheecaanka hoosta ka imanaya waa mid adag, cadaan ah oo u eeg jiis (cottage cheese). Waxa jira ur xoog leh laakiin aan qadhmuun lahayn. Caabuqa khamiirka waxa uu sababi karaa cuncun.

- **Bacterial Vaginosis (BV)**

Bakteeriyada ku nool saxarada ayaa sababta noocan ah caabuqa/fashfashka hoosta haweenka. Dheecanka hoostu waa mid ah biyo-biyo, midabkiisu cawlan yahay, oo leh ur aad ah oo qarmuun leh. Waxa laga yaabaa in xanuun jiro wakhtiga kaadida iyo cuncun ah agagaarka hoosta.

- **Atrophic Vaginitis**

Waxa dhibkan keena hoosta haweenka oo noqota khafiif soona ururta. Waxa uu dhici karaa marka heerarka 'estrogen' ay hoos u dhacaan dhalmo-dayska ka dib, dhalmada ama wakhtiga la wado naas-nuujinta. Waxa laga yaabaa inuu keeno dheecaan, cuncun iyo gubasho. Waxa laga yaabaa in kaadida iyo galmadu noqdaan kuwo leh dhib iyo xanuun.

- **Trichomoniasis Vaginitis**

“Trich” waa cudur galmada la isugu gudbiyo oo uu sababo deris-ku-nool. Waxa dhici kara dheecaan culus oo ur leh, cuncun iyo galmada iyo kaadida oo xanuun leh. Dumarka qaarkood ma laha wax calaamado ah. Mar kale ayaa cudurku kugu dhici karaa haddii aan wehelkaaga la daweyn.

Daryeelkaaga

U tag dhakhtarkaaga haddii aad leedahay wax calaamado ah. Waxa daweyntaada ka mid noqon kara:

- Dawooyin

- ▶ Dhamaan dawooyinkaaga u qaado una dhamee sida lagu sheegay. Waxa laga yaabaa in cudurku wali jiro xiitaa haddii dheecaanku joogsado inta aadan dawada dhameysan ka hor.

Vaginal Infection. Somali

- Bathing
 - ▶ Bathe or shower each day and clean the area around the vagina well.
 - ▶ Keep the area as dry as you can. Wear cotton underwear.
- Sanitary pads
 - ▶ Use sanitary pads if there is a lot of discharge.
 - ▶ **Do not** use tampons to absorb discharge.

Both you and your partner may need treatment as **some types of vaginal infections can be spread by sexual contact**. Ask your doctor if your partner needs treatment. If you are told to return for a follow up check, be sure to schedule an appointment for that.

Preventing Vaginal Infections

If you have a vaginal infection that keeps coming back, try these tips to help prevent it:

- Avoid spreading germs from the rectum to the vagina. After a bowel movement, wipe from front to back, away from the vagina.
- Clean the lips of the vagina well and keep the area as dry as possible.
- Avoid irritating soaps or detergents, feminine hygiene sprays, perfumed toilet paper or perfumed tampons.
- Clean diaphragms and spermicidal applicators with hot soapy water and rinse well.

- Qubeyska
 - ▶ Qubeysa maalin kasta oo si fiican u nadiifi agagaarka hoosta.
 - ▶ Goobta ka dhig mid qalalan intii suurogal ah. Gasho nigis ama matante cudbi ah.
- Suufka hoosta
 - ▶ Isticmaalo suufka hoosta lagu xiro (sanitary pads) haddii dheecaan badan uu jiro.
 - ▶ **Ha isticmaalin** suufka galiska/tambooniga ah (tampons) si uu u nuugo dheecaanka.

Waxa laga yaabaa in adiga iyo wehelkaaguba u baahan tihiiin daweyn **sababta oo ah noocyada caabuqa/fashfashka hoosta haweenka waxa la isugu gudbin karaa taabasho galmo.** Weydii dhakhtarkaaga haddii wehelkaagu u baahan yahay daweyn. Haddii lagu sheego inaad u soo noqotid baadhitaan la-socod ah, hubso inaad ballan samaysatid.

Ka-hortagga Caabuqa/fashfashka Hoosta Haweenka

Haddii aad qabtid caabuqa/fashfashka hoosta haweenka oo soo noqnoqonaya, isku day talooyinkan si looga hortago:

- Iska ilaali in jeermiska dabada meesha laga saxaroodo, aad ku fidisid hoosta. Ka dib marka aad saxarootid, masaxaada ka bilaw xagga hore oo u sii wad xagga dambe, adiga oo ka fageynayaa hoostaada.
- Si fiican u nadiifi dibnaha ama bishamaha hoostaada kana dhig goobta mid qalalan intii suurtoagal ah.
- Iska ilaali saabuunaha lagu xajiimoobo, buufinta hoosta haweenka, waraaqaha musqusha ee cadareysan ama suufka galiska/tambooni ah ee cadareysan.
- Qalabka lidka uurka sida giraanta (diaphragm) iyo qalabka lagu mariyo alaabta dilista manida (spermicidal applicator) ku maydh biyo kulul oo saabuun leh oo si fiican u biyo raaci.

- **Do not douche.**
 - ▶ Using a douche can wash away good bacteria and cause you to have more vaginal infections.
 - ▶ Your vaginal discharge will smell different during your monthly cycle. This is normal. If you have an odor that does not go away after washing, check with your doctor or nurse.
 - ▶ Douching after sexual intercourse does not prevent pregnancy.
 - ▶ Women who douche may have more of a chance of getting pelvic inflammatory disease.
- Avoid tight jeans, panties or panty hose without a cotton crotch, and other clothing that can trap moisture.
- Do not use home remedies. Home remedies only hide the problem.
- Use condoms to protect yourself from sexually transmitted diseases (STDs).

Talk to your doctor or nurse if you have any questions or concerns.

- **Biyo ku soo butaacaya hoosta ha ku sii dayn.**
 - ▶ Biyaha xoog tuubo uga soo butaacaya (douche) oo aad hoostaada ku sii daysid waxay qaadi karaan bakteeriyada fiican kuuna keeni karaan inaad yeelatid caabuq/fashfash kale oo hoosta ah.
 - ▶ Dheecaankaaga hoostu waxa uu yeelan doonaa ur kala duwan inta lagu jiro wareeggaaga caadada. Taasi waa caadi. Haddii aad leedahay ur aan tagaynin marka aad qubaysatid, u tag dhakhtarkaaga ama kalkaalisada.
 - ▶ Hoosta oo biyo xoog badan aad ku sii daysid ka dib galmada kama hortagto uur qaadista.
 - ▶ Haweenka hoostooda biyo xoog leh ku sii daaya ayaa u badan inuu ku dhaco cudurka bararka sinta.
- Iska ilaali surwaal ah jiinis oo kugu dhegan, gashiga “panties” ama “panty hose” ee aan dhexda ku lahayn maro cudbi ah, iyo dharka kale ee kugu qaban kara qoyaanka.
- Ha isticmaalin dawo guri ama dawo dhaqameed. Dawo gurigu waxay qarinsaa kaliya dhibaataada.
- Isticmaal cinjirka galmada si aad iskaga badbaadisid cudurada la isugu gubiyo galmada (STD).

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su’aalo ama walaac.

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