

阴道感染

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 underwear 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 sex
- 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.

阴道感染, 也称作阴道炎, 是阴道受到刺激, 导致阴道排出物发生变化、阴道瘙痒、异味和其他症状。

大多数妇女都有阴道排出物。阴道排出物保持阴道清洁和湿润。正常的排出物稍有气味, 应该无色、白色或黄色。阴道排出物干燥后, 可能在内裤上留下黄色的痕迹。大约在两次月经的中间, 有几天的阴道排出物可能量多、无色、湿滑。这时是卵巢的排卵期。

症状

发生阴道感染时, 可能会有以下一种或多种症状:

- 阴道排出物的量、颜色或气味发生变化
- 阴道周围搔痒或灼痛
- 排尿时有灼痛感
- 尿意频繁
- 阴道口溃疡或长疣
- 性交疼痛
- 畏寒或发烧
- 胃或腹部疼痛、痉挛

如果有任何感染症状, **应立即致电医生**。医生会进行检查, 确定属于何种感染。

Types of Vaginal Infection

Yeast Infection

Yeast infections are caused by fungus. Symptoms of a yeast infection include a thick, white discharge that looks like cottage cheese but does not have a foul odor. Yeast infections can cause vaginal itching, burning, redness, and pain with urination or sex.

Bacterial Vaginosis (BV)

Bacterial Vaginosis is caused by an overgrowth of certain kinds of bacteria in the vagina. BV occurs when your vagina has more harmful bacteria than good bacteria. Vaginal discharge may be watery, gray in color, heavy and foul smelling. There may be pain during urination and itching around the vagina.

Atrophic Vaginitis

Atrophic vaginitis is the thinning, inflammation and shrinking of the vagina caused by low estrogen levels. Low estrogen levels can occur after menopause, childbirth, or while breastfeeding. It may cause discharge, itching and burning. Urinating and sex may become hard to do and painful.

Trichomoniasis Vaginitis

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

阴道感染的种类

酵母菌感染

酵母菌感染是由真菌引起的。酵母菌感染的症状包括厚厚的白色分泌物,看起来像白软干酪,但没有臭味。酵母菌感染可导致阴道搔痒、灼烧感、发红和排尿或性交时的疼痛。

细菌性阴道炎 (BV)

细菌性阴道炎是由于阴道内某种细菌过度生长导致的。当你的阴道内有害细菌多于有益细菌时, BV 就会发生。阴道排出物可能为水样,呈灰色,量多,有恶臭。排尿时可能疼痛,阴道周围搔痒。

萎缩性阴道炎

萎缩性阴道炎是由低雌激素水平引起的阴道变薄、炎症和萎缩。停经后、生产或哺乳期雌激素水平可能降低。萎缩性阴道炎可导致排出物、搔痒和灼痛。可能导致排尿和性交困难且痛苦。

滴虫性阴道炎

滴虫性阴道炎是由寄生虫引起,通过性接触传播的感染。可能出现阴道排出物量大,有异味,阴道搔痒,性交疼痛,排尿疼痛。有些妇女没有症状。如果伴侣不同时接受治疗,可能会重复感染。

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.
- 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 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 infection 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

您的护理

如果任何感染症状,应立即去看医生。治疗方法:

- 药物
 - › 遵医嘱服完所有药物。药物服完前,即使排出物消失,感染仍可能存在。
- 沐浴
 - › 每天盆浴或淋浴,洗净外阴。
 - › 尽量保持外阴部位干燥。穿着棉制内衣。
- 卫生巾
 - › 如果排出物量大,使用卫生巾。
 - › **切勿**使用卫生棉条来吸收排出物。

有些阴道感染可能通过性接触而传播,因此患者和患者的伴侣有可能需要同时接受治疗。请向医生询问自己的伴侣是否需要接受治疗。如果医生要求复查,务必预约时间接受复查。

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. When you go to the bathroom, always wipe from the front of your body to the back, away from the vagina.
- Wash your vagina daily with a mild soap and keep the area as dry as possible. Change your underwear every day and remove wet bathing suits and exercise clothes as soon as possible. vagina well and keep the area as dry as possible.
- Avoid irritating soaps or detergents, feminine hygiene sprays, perfumed toilet paper or perfumed tampons. These products may make symptoms worse.
- Clean diaphragms and spermicidal applicators with hot soapy water and rinse well.
- 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 having sex does not prevent pregnancy.
 - Women who douche may have more of a chance of getting pelvic inflammatory disease.

预防阴道感染

如果阴道感染反复发作, 应尝试以下预防措施:

- 避免细菌从直肠传播到阴道。当你去洗手间的时候, 一定要从前面向后擦, 远离阴道。
- 每天用温和的肥皂清洗阴道, 并尽可能保持阴道干燥。每天更换内裤, 并尽快脱去湿的泳衣和运动服。保持阴道干燥。
- 避免使用刺激性的肥皂或洗涤剂、女用卫生喷雾、带香味的卫生纸或带香味的卫生棉条。此类产品会加重症状。
- 用热肥皂水清干净避孕膜和杀精剂施药器并冲洗。
- 切勿盥洗阴道。
 - 盥洗阴道可能会洗走良性细菌, 导致阴道感染增加。
 - 月经期间, 阴道排出物的气味可能有变化。这是正常现象。如果清洗后仍有异味, 应咨询医生或护士。
 - 性交后盥洗阴道并不能防止怀孕。
 - 盥洗阴道会增加盆腔炎的发病率。

- Avoid tight jeans, underwear or pantyhose without a cotton crotch, and other clothing that can trap heat and moisture.
- Do not use home cures. Home cures only hide the problem.
- Use condoms to protect yourself from sexually transmitted infections (STIs).
- 避免穿紧身牛仔裤、没有纯棉裤裆的内裤和裤袜或其他透气性不佳的衣物。
- 切勿自行治疗。自行治疗只会加剧问题。
- 应使用安全套来预防感染性传播感染 (STI)。

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

如果您有任何疑问或疑虑, 请与您的医生或护士讨论。