

陰道感染

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.

陰道感染，亦稱陰道炎，即陰道受到刺激，導致陰道分泌物發生變化、陰道搔癢、異味和其他症狀。

大多數婦女都有陰道分泌物。陰道分泌物保持陰道清潔和濕潤。正常的分泌物稍有氣味，應該是無色、白色或黃色。陰道分泌物乾燥後，可能在內褲上留下黃色的印跡。在兩次月經週期中間，大約有幾天的陰道分泌物可能量多、無色、濕滑。這時是卵巢的排卵期。

症狀

發生陰道感染時，可能會有以下一種或多種症狀：

- 陰道分泌物的量、顏色或氣味發生變化
- 陰道周圍搔癢或灼痛
- 排尿時有灼痛感
- 尿意頻繁
- 陰道口潰瘍或長疣
- 性交疼痛
- 畏寒或發燒
- 胃或腹部疼痛、痙攣

如有任何感染症狀，應立即**致電醫生**。醫生會進行檢查，確定屬於何種感染。

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.

陰道感染的種類

霉菌性感染

霉菌性感染是由真菌引起的。酵母菌感染的症狀包括厚厚的白色分泌物，看起來像白軟乾酪，但沒有臭味。酵母菌感染可導致陰道搔癢、灼燒感、發紅和排尿或性交時的疼痛。

細菌性陰道病 (BV)

細菌性陰道炎是由於陰道內某種細菌過度生長導致的。當你的陰道內有害細菌多於有益細菌時，BV 就會發生。陰道分泌物為水樣，呈灰色，量多，有惡臭。排尿時可能疼痛，陰道周圍搔癢。

萎縮性陰道炎

萎縮性陰道炎是由低雌激素水準引起的陰道變薄、炎症和萎縮。停經後、生產或哺乳期的雌激素含量可能降低。萎縮性陰道炎可導致分泌物、搔癢和灼痛。可能導致排尿和性交困難且痛苦。

滴蟲性陰道炎

滴蟲性陰道炎是由寄生蟲引起，透過性接觸傳播的感染。可能出現陰道分泌物量大，有異味，陰道搔癢，性交疼痛，排尿疼痛。有些婦女沒有症狀。如果伴侶不同時接受治療，可能會重複感染。

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

治療

如有任何感染症狀，應即時前往就醫。治療方法：

- 藥物
 - › 遵醫囑服完所有藥物。藥物服完前，即使分泌物消失，感染可能仍存在。
- 洗浴
 - › 每天盆浴或淋浴，洗淨外陰。
 - › 儘量保持外陰部位乾燥。穿棉製內衣。
- 衛生棉
 - › 如果分泌物量大，使用衛生棉。
 - › **切勿**使用衛生棉條來吸收分泌物。

有些陰道感染可能透過性接觸而傳播，因此患者和患者的伴侶可能需要同時接受治療。請向醫生詢問自己的伴侶是否需要接受治療。如果醫生要求複查，務必預約時間接受

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.

預防陰道感染

如果陰道感染反覆發作，應試用下列預防措施：

- 避免細菌從直腸傳播到陰道。當你去洗手間的時候，一定要從前面向後擦，遠離陰道。
- 每天用溫和的肥皂清洗陰道，並盡可能保持陰道乾燥。每天更換內褲，並儘快脫去濕的泳衣和運動服。保持陰道乾燥。
- 避免使用刺激性的肥皂或洗滌劑、女用衛生噴霧、帶香味的衛生紙或帶香味的衛生棉條。此類產品會加重症狀。
- 用熱肥皂水清乾淨避孕膜和殺精劑施藥器並沖洗。
- 切勿盥洗陰道。
 - 盥洗陰道可能會洗走良性細菌，導致陰道感染增加。
 - 月經期間，陰道分泌物的氣味可能有變化。這是正常現象。如果清洗後仍有異味，須諮詢醫生或護士。
 - 性交後盥洗陰道並不能防止懷孕。
 - 盥洗陰道會增加盆腔炎的發病率。

- 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).
- 避免穿著緊身牛仔褲、沒有純棉褲襠的內褲和褲襪或其他透氣性不佳的衣物。
- 切勿自行治療。自行治療只會加劇問題。
- 應該使用保險套來預防感染性傳播感染 (STI)。

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

若您有任何疑問或擔憂，請諮詢您的醫生或護士。