

Candida Infection

Women are more likely to suffer from *Candida albicans* infections than men. *C. albicans* is generally known as a **yeast** infection, especially in connection with **vaginal mycoses**.

A vaginal yeast infection is not considered to be a sexually **transmitted** infection, but the **fungus** that causes the **inflammation** may be transmitted during oral-genital contact. The good news is that treatment is simple and, if followed correctly, usually effective. An **overgrowth** of yeast in the body may be caused by any of the following: antibiotics, diabetes, **impaired** immune system, **douching** and even pregnancy.

Female Pharmacy customer: Hello. Could we go somewhere where, you know no-one can hear us? You see I have rather a private problem.

PTA: Hello. Of course, I'll just let my colleague know that I'm in the side office.

Of course, no problem! Thank you.

So, what can I do for you?

Well, you see, I think I may have a vaginal yeast infection.

I see. Why do you think so? I mean what symptoms do you have?

Well, the genital area is very red and the itchininess there is unbearable.

Do you have any **discharge**?

Yes.

Could you describe the discharge?

Yes, it's, well it looks like cottage cheese, you know, whitish and crumbly.

Could I ask you one or two more questions before I recommend anything to you?

Go ahead.

Are you pregnant?

No, I am sure that I'm not.

Do you have diabetes?

No, why?

Well, when female diabetics' blood sugar levels are not **properly** under

control, it may lead to an overgrowth in the *Candida* fungus. Have you had any antibiotics recently?

Yes, I'm just over a very persistent bout of bacterial pneumonia. I had to take antibiotics for almost a week. I think the antibiotics took more out of me than the pneumonia!

I think the antibiotics may be the cause of the yeast infection.

I know they have an effect on the intestinal flora, but I didn't know that they could have an effect on the rest of the body!

You see most antibiotics also kill other bacteria aside from the pneumonia, especially in the vaginal area. It's not at all unusual for women to get such infections after a course of antibiotics.

So, what can you recommend?

Just a moment, I'll go and get one of the most effective preparations for such infections. Here it is.

And how do I use it?

This **antifungal** cream will **soothe** the itching and deal with the outer genital area. And these are vaginal tablets that deal with the inside. I recommend that you place the tablet into the vagina before going to bed, and do this for **three evenings in a row**. If you don't see any improvement, I recommend you go to a gynaecologist.

Thank you so much.

Not at all! You are welcome.

Thanks all the same. Goodbye!
Bye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

Candida	Gattung der Hefepilze
yeast	Hefe
vaginal mycoses	Vaginalmykosen
transmitted	übertragen
fungus	Pilz
inflammation	Entzündung
overgrowth	übermäßiges Wachstum
impaired	beeinträchtigt
douching	Scheidenspülung
itchiness	Juckreiz
unbearable	unerträglich
discharge	Ausfluss
cottage cheese	Hüttenkäse, körniger Frischkäse
properly	richtig
persistent	hartnäckig, anhaltend
bout	Anfall im Sinne von Infekt
pneumonia	Lungenentzündung, Pneumonie
intestinal flora	Darmflora
antifungal	antimykotisch
soothe	beruhigen
three evenings	drei Abende
in a row	hintereinander

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Ihr Ansprechpartner: Herr Albrecht König · Tel. 0611 58589-262 · E-Mail: a.koenig@uzv.de