

Diagnosis: Suffering from BV or Thrush, not sure?

Canestest: Self-Test for Vaginal Infections

- Helps to diagnose common vaginal infections
- Clear, reliable results within 10 seconds
- Allowing you to identify your symptoms in your own home
- First self-test for vaginal infections over-the-counter



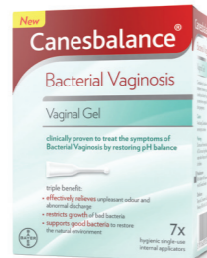
For more information visit: www.intimatehealth.ie

Treatment of BV

For treatment you can use an internal gel which works by helping to regulate the pH balance of your vagina.

Canesbalance:

- Clinically proven to effectively treat the symptoms of BV
- Relieves unpleasant odour and abnormal discharge restoring your balance
- Easy to use, once-a-day reliable treatment
- Complete treatment course of 7 pre-filled hygienic applicators



If you experience no symptom relief after using Canesbalance as instructed you should contact your doctor for further advice. For more information visit: www.intimatehealth.ie

What is Cystitis

Cystitis is an infection or inflammation of the bladder. It is a very common condition but also straightforward to treat. It can occur at any age but is most common in women who are sexually active, pregnant women or those who have just been through menopause. It can be caused by either a bacterial infection or irritation.

Symptoms of Cystitis

Common symptoms include:

- Burning or tingling sensations when you pass urine
- A frequent urge to urinate
- Feeling that you can't fully empty your bladder

More severe symptoms may include:

- Strong smelling urine
- Cloudy or dark urine
- Blood in urine
- Abdominal pain or backache
- Fever, temperature and weakness

You should see your doctor if you are suffering from any of the more serious symptoms above or if you suffer from cystitis more than three times in a year.



Did you know...
cystitis is a very common condition which can be treated easily.

Causes of Cystitis

- Use of highly scented toiletries
- Wearing tight clothing that restricts air access
- Being dehydrated
- Going to the toilet irregularly, holding on for too long or not emptying the bladder fully
- Sexual activity: not emptying the bladder before and after sex
- Certain health conditions: e.g. bladder/kidney stones, diabetes

Treatment of Cystitis

- Use a remedy such as Cystopurin, a low sodium treatment containing potassium citrate, which helps neutralise the acidity of urine.
- Drink half a pint of water straightaway and every twenty minutes for three hours. It can be flavoured with squash (not juices) or weak tea.
- Drink cranberry juice as it may help to maintain the female urinary system and fights the bacteria that sometimes cause cystitis.



Cystopurin is available from your local pharmacy

Always read the label

Not recommended for children under 6 years of age

If symptoms persist longer than the 48 hours treatment you should consult your doctor. Do not take Cystopurin if you are pregnant, or have had kidney or heart disease, without first consulting your doctor.



Bayer Ltd., The Atrium, Blackthorn Road, Sandyford, Dublin 18.

Women's
Intimate Health

A Guide to Thrush, Bacterial Vaginosis and Cystitis

For further information visit www.intimatehealth.ie

For over 40 years Bayer in Ireland has been committed to helping women understand their intimate conditions. We offer a range of effective products to treat these conditions. This leaflet provides important information on the following common intimate health conditions: thrush, bacterial vaginosis & cystitis.

What is Thrush

3 out of 4 women will suffer from thrush at least once in their lives. Thrush is caused by a yeast called candida which may live harmlessly in the vagina without even being noticed. However, the natural pH balance of the vagina that keeps candida under control can be upset by many factors. If the natural pH is altered, the level of yeast increases and can develop into a thrush infection. It affects women of all ages but is most common in women aged between 25-35, pregnant women and menopausal women.

Symptoms of Thrush

Most women experience symptoms such as:

- **Discharge** which can often be thick, cottage cheese like and white
- **Itching and burning**
- **Redness, soreness and pain:** As the tissue of the genital area is very delicate, the fungal infection makes it red, swollen and very sore to touch.
- **Vaginal Fissuring:** Cracks may appear in severe cases of inflammation.

Causes of Thrush

Normally, there is a delicate balance between bacteria and yeasts that live naturally within the vagina. However, this balance is easily upset by any of the following factors which could allow the yeasts to overgrow, leading to thrush infection. Causes are:

- **Internal factors:** Weak immune system (emotional/physical stress), hormonal imbalance due to menopause and pregnancy.
- **External Factors:** Perfumed soap, poor hygiene, intake of antibiotics, poor diet (high sugar/yeast intake), wearing tight clothing and hot humid weather can trigger episodes of thrush.

Diagnosing Thrush

If you're unsure if you have thrush, there is a new reliable self-test, Canestest®, that helps you to find out whether you're suffering from thrush or bacterial vaginosis and also helps you to decide what treatment is right for you.

When to see your doctor:

- **If you think you have thrush for the first time**
- **If you are pregnant:** Pregnant women are up to three times more likely to have yeasts colonising in the vagina
- **If you think you may have recurring thrush.** Recurrent thrush is defined as four or more episodes of infection in a year and affects about 5% of healthy women



Did you know...
3 out of 4 women suffer from thrush at least once in their lives.

Treatment of Thrush

Thrush isn't usually serious but it can be really uncomfortable, which is why it's important to treat it properly and help stop the infection from coming back. That means clearing the infection on the inside as well as treating the symptoms on the outside.



The good news is that you can easily and effectively treat with over the counter (OTC) products.

It is important to treat thrush internally and externally. **Combination treatment** is the complete treatment for thrush. The pessary works right at the site of the infection (inside the vagina) while the cream provides instant cooling soothing relief from external itching.



Although thrush is not a sexually transmitted infection, it is possible for thrush to be passed during unprotected sexual intercourse. Most male partners of women with thrush do not present with any symptoms but should also be treated to prevent re-infection.

For self help tips for avoiding thrush please visit: www.intimatehealth.ie

What is Bacterial Vaginosis (BV)

Bacterial vaginosis or BV may sound scary, but it's very common and easily treated. In fact, it is the most common cause of vaginal infections in women of childbearing age. Normally, there is a delicate balance between different bacterial species that live naturally within the vagina. BV is caused by an imbalance of the bacteria in the vagina, resulting in an increased pH level. Your vagina is normally acidic, which helps the "bad" bacteria from growing and maintains the level of "good" bacteria called lactobacillus. If the pH balance becomes less acidic however, this can affect the health of your vagina allowing these harmful bacteria to grow.

Symptoms of BV

Bacterial vaginosis doesn't usually cause any soreness or vaginal itching, but **often causes unusual vaginal discharge**.

Most people experience symptoms such as:

- A fishy or unpleasant odour
- Greyish white, thin and watery looking discharge
- Worsening of the above after sex or during your period

Pregnancy and BV

Pregnancy can cause an increase of bad bacteria in your intimate area and lead to problems like a BV infection. **If you're pregnant and you have BV visit your doctor** to discuss how to manage it. It's best to get checked out as BV can cause complications such as pelvic inflammatory disease, increased risk of miscarriage and increased risk of premature labour.