



### Bacterial Vaginosis

A condition where the vaginal discharge can increase in volume and often associated with fishy odor. This is NOT a sexually transmitted disease but does increase your chances of getting STDs.

**Treatment:** Antibiotics.

**How to prevent it:** Avoid douching, scented soaps, triggers like antibiotic use, poorly controlled diabetes, multiple sexual partners, unprotected sex.

**Do wear cotton underwear, ph Balanced soap, healthy diet, losing weight, probiotic yogurt, hydration.**

Tip: Avoid alcohol and sun exposure when on medications for BV.



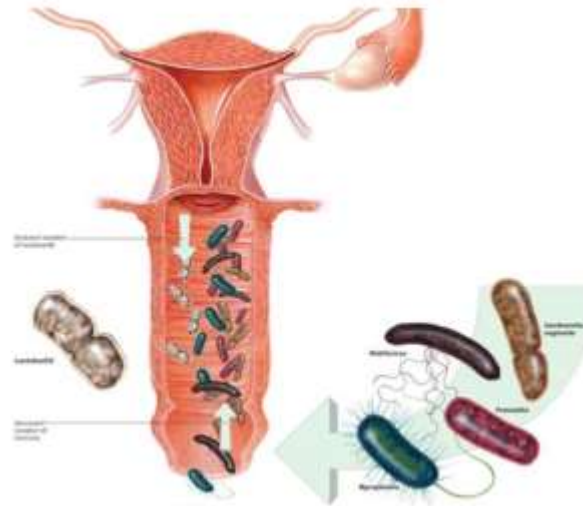
### Trichomonas

A flagellated Sexually transmitted disease that is often associated with grey/green/yellow vaginal discharge; often associated with foul odor, vaginal pain or soreness

Associated with increased risk of HIV transmission and preterm labor.

**Treatment:** PO antibiotics for partner and patient, pelvic rest, screen and treat for other STDs.

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### NORMAL DISCHARGE

Your body creates a fluid within the vaginal vault with interaction from local microbes (various bacteria) to promote lubrication. Vaginal discharge is made up of cells from the vagina and cervix, bacteria, mucus, and water.

Typically, **it is acidic** due to the pH maintained by organisms that are present in a symbiotic relationship with your body

Normal discharge is typically odorless, adequate to maintain lubrication but rarely affects normal day to day activities.

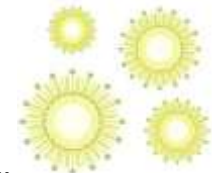
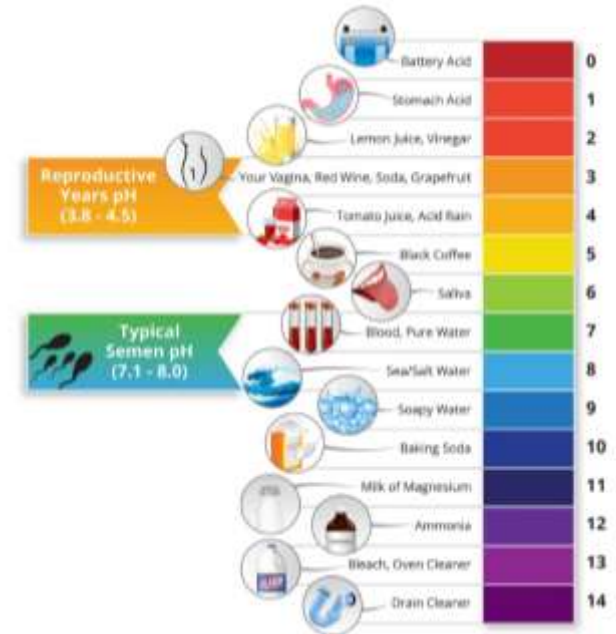
This balance is usually altered by triggers such as **infection, douching, antibiotic use, uncontrolled diabetes, new sex partners, after menstruation**



**Atrophic Vaginitis:** Age related changes that occur in women as they transition towards menopause. Often associated with Estrogen Deficiency.



**Inflammatory Vaginitis:** from autoimmune causes that may be diagnosed after failure to treat with various antibiotics, may require steroids



### Candidiasis:

Often associated with white, thick cheesy or curdy discharge. Can be associated with burning and irritation if left untreated.

Usually does not have odor

**Treatment:** Responds well to intravaginal creams or oral medications

Preventions: Avoid douching, scented soaps, triggers like antibiotic use, poorly controlled diabetes, immunosuppression.