



Fungal STIs

Fungal STIs

Although some of these fungal infections can be transmitted through sexual contact, some, such as **Candidiasis**, happens because of the presence of other diseases (diabetes), vaginal douching, or taking antibiotics.

Several genital infections that can spread through sexual activities or due to poor hygiene & allergic reactions include Tinea cruris, Balanitis, and Candidiasis (yeast infections).

Candidiasis

Candidiasis or "yeast infection" is caused by a small fungus.

Healthy women usually have small numbers of them in the vagina.

Sometimes, the numbers grow and cause such problems as vaginal itching, burning, a heavy, curdy, white discharge, and pain when having sex.

Candidiasis

Tight clothing, severe obesity, warm weather, stress, antibiotics, birth control pills, pregnancy, diabetes, and steroids can all cause increased yeast.

The infection is not usually spread by sexual contact.

Genital yeast infections are common, and it is estimated that 3 out of 4 women will have at least experience one yeast infection during their life.

Candidiasis

- ☐ Candidiasis is not usually dangerous, but treatment can help the discomfort.
- ☐ Treatment with an antifungal cream, tablet, or suppository,
- ☐ Insert these into the vagina for the days stated on the product.
- ☐ Treatment even if during the period.
- ☐ Do not douche while taking the treatment.

Candidiasis

To avoid problems :

- Don't douche
- Wipe from front to back after bowel movements. This avoids spreading germs from the anus to the vagina;
- Wear cotton underwear and loose clothing. This keeps the vaginal area dry and helps to heal;
- Take treatment as directed until it is finished;
- Use condoms to lower the chance of infections in the future.

Balanitis

Balanitis refers to an inflamed foreskin and glans penis.

This condition is mostly found in uncircumcised men.

The main causes that lead men to suffer from balanitis are:

- ☐ poor hygiene,
- ☐ skin disorders (phimosis or tight foreskin that does not pull back over the glans),
- ☐ obesity,
- ☐ harsh soaps, bath products, and
- ☐ health conditions such as diabetes or another sexually transmitted infection.

Balanitis

Men who have balanitis often think they are infected with other forms of STDs.

Balanitis usually manifests in pain, redness and foreskin discharge that is foul-smelling.

Balanitis

Other causes of balanitis other than not being circumcised include:

- Suffering from yeast infection (candidiasis)
- Suffering from other STDs
- Having scabies (a parasitic infection)
- Other skin problems & conditions such as psoriasis and eczema
- Diabetes

Balanitis

Symptoms of balanitis can appear all at once or emerge gradually. Besides the symptoms mentioned above, other notable symptoms may include:

- Swelling
- Itchiness under foreskin
- White or shiny areas on the penis skin
- Painful urination
- Red patches

Tinea cruris (also known as 'jock itch')

- ❑ Tinea refers to a collection of diseases caused by fungus.
- ❑ The most common forms of tinea are jock itch, athlete's foot, and ringworm.
- ❑ Tinea is normally not hazardous and not serious.
- ❑ It can, however, cause great discomfort to the infected person. Jock itch usually affects the groin, pubic area, and thighs.
- ❑ This disease manifests in the form of a chronic rash. Jock itch is caused by a dermatophyte fungus, with the two most common ones being *Trichophyton rubrum* and *Epidermophyton floccosum*.



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