



# Evita GyneCare

Burma Camp. Dimapur.

## Understanding Vaginal Infections & Discharge: A Friendly Guide

*Clarity, Care, and Confidence for Every Woman*

### **It's Not 'Dirty' – It's Biology.**

Feeling itchy, embarrassed, or worried about "that smell"?

Please know this: vaginal discharge is normal—and infections are incredibly common.

In fact, 3 out of 4 women will have a yeast infection in their lifetime. Bacterial vaginosis (BV) affects up to 30% of women in India. And STIs? More widespread—and treatable—than most realize.

This guide is your gentle, judgment-free companion to understanding what's happening, when to act, and how to get back to feeling like you.

### **What's Normal vs. What's Not?**

Your vagina is self-cleaning! Healthy discharge:

- Clear to milky white
- Mild or no odor
- Changes with your cycle (more around ovulation)

### **Time to pay attention if you notice:**

- ⚠ Thick, white, cottage-cheese-like → Likely yeast (candida)
- ⚠ Thin, gray, fishy smell → Likely bacterial vaginosis (BV)
- ⚠ Green/yellow, frothy, foul odor → Could be trichomoniasis (STI)
- ⚠ Burning, sores, or pelvic pain → May indicate chlamydia, gonorrhea, or herpes

*Self-diagnosis can backfire. What looks like yeast might be BV—and treatments are completely different.*

## The 3 Most Common Causes (and Why They Happen)

### Yeast Infection (Candidiasis)

- Triggered by antibiotics, stress, diabetes, or hormonal shifts
- Not an STI—but sex can sometimes disrupt balance

### Bacterial Vaginosis (BV)

- Caused by imbalance in good vs. bad bacteria (not poor hygiene!)
- Linked to douching, new/multiple partners, or IUDs

### Sexually Transmitted Infections (STIs)

- Chlamydia, gonorrhea, trichomoniasis often cause discharge
- Many have NO symptoms—yet can harm fertility if untreated

**Myth:** "Only promiscuous women get infections."

**Truth:** Infections happen due to biology, not behavior. Even celibate women get yeast!

## What Doesn't Help (But Everyone Tries)

- Douching → Washes away protective bacteria → makes things worse
- Over-the-counter "feminine washes" → Disrupt pH → increases irritation
- Ignoring it → BV/STIs can lead to PID (pelvic inflammatory disease), infertility, or pregnancy complications

*You deserve accurate diagnosis—not guesswork.*

## Your Next Step: Gentle, Expert Care

At our clinic in Nagaland, we offer:

- Private, non-judgmental consultations
- Rapid testing (wet mount, pH, STI panels)
- Personalized treatment—no unnecessary antibiotics
- Partner guidance (if needed) to prevent reinfection

👉 Book a Vaginal Health Assessment

A safe space to ask anything—without shame.

📞 Call/WhatsApp us today

*(We follow WHO & NHM guidelines for STI management and women's health.)*

## Your Body Is Wise—It's Just Asking for Support

Abnormal discharge isn't a life sentence. With the right care, most infections clear in days. And more importantly: you are not "unclean," "broken," or "to blame." You're a woman listening to her body—and that's courage. We're here to walk the rest of the way with you.

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Ethical • Evidence-Based • Empathetic

P.S. If you've been using home remedies that aren't working—or you're too shy to see a doctor—please reach out. Relief is closer than you think.

*(Services comply with NHM STI/RTI guidelines and Indian Medical Council ethics. All tests and treatments follow WHO & FOGSI protocols.)*