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Types of Candidiasis: Causes and Treatment

An overview of the types of candidiasis, their causes and forms of treatment

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ABSTRACT

This text offers an overview of candidiasis, an infection caused by the overgrowth of the fungus Candida albicans when the immune system is weakened. The author lists factors that favor the fungus's proliferation, such as menstruation, pregnancy, the use of antibiotics and contraceptives, chronic diseases and poor hygiene. It describes five types of the infection - vaginal, oral, male, cutaneous and intestinal - detailing their main symptoms in men and women. It addresses diagnosis, made by a gynecologist, urologist or dermatologist depending on the affected area, and explains that treatment usually involves antifungal creams prescribed by a doctor, with specific medications in severe cases. It concludes by reinforcing preventive measures such as a good diet, physical exercise and adequate hygiene. This is informative, educational material aimed at a lay audience.

KEYWORDS: *candidiasis; candida albicans; fungal infection; immune system; antifungal treatment; genital health*

Do you know the different types of candidiasis? Besides the better-known forms, such as vaginal and male candidiasis, there are other types that are not so common.

Nevertheless, they also require attention, because they can lead to serious consequences.

Candidiasis is a type of infection caused by the overgrowth of the fungus Candida albicans in the genital region, in both men and women.

This fungus is commonly present in people, and its presence is not always a warning sign, because the immune system is able to keep its growth in check.

However, when the immune system is weakened for some reason, the fungus ends up growing excessively and thus causes the infection.

This infection can appear not only in the genital region but also in other parts of the body, which is why it is important for you to know the different types of candidiasis so that you can recognize it.

In this post you will learn about the causes as well as the types that exist.

The main causes of candidiasis

Candidiasis develops when the immune system is weak and unable to control the proliferation of the fungus Candida albicans.

With that in mind, there are certain situations that weaken the immune system, such as:

- Menstruation,
- Pregnancy,
- Use of medications such as antibiotics and contraceptives,
- Chronic diseases such as diabetes, lupus, AIDS and others,
- Illnesses such as the flu and others,
- Poor hygiene in the genital region.

These are just some of the situations that can cause the infection in both men and women.

The types of candidiasis you need to know

This infection can arise in men and women in various parts of the body. So, in order to recognize it, you need to know the types and their symptoms:

1. **Vaginal candidiasis**

This is the most common type in women; its symptoms are vaginal itching, foul odor and pain when urinating.

1. **Oral candidiasis**

Thrush, which affects both adults and children, is one of the types of candidiasis. It appears when the immune system is low and has as symptoms whitish patches on the mouth and tongue and pain when swallowing.

1. **Male candidiasis**

Candidiasis in men usually produces no symptoms, but when they do appear they may include red spots on the penis, swelling, burning when urinating, pain during sexual intercourse, and whitish sores on the glans.

1. **Skin candidiasis**

In this type of infection, the person may feel itching and notice some spots of redness on the skin.

1. **Intestinal candidiasis**

In this type of infection, the person may notice whitish residue in the stool that had been lodged on the intestinal wall.

How is candidiasis diagnosed?

The diagnosis is made by a doctor through tests and an assessment of the symptoms.

In the case of women, the gynecologist is the doctor who can assess the situation, and in the case of men it is the urologist.

However, since the symptoms of candidiasis can appear on the skin in other parts of the body, both men and women may see a dermatologist to evaluate the case.

How is it treated?

Candidiasis is an infection that can be treated, and treatment can most often be carried out with antifungal creams such as fluconazole and Candicort, which must be prescribed by a doctor and applied 2 to 3 times a day.

On the other hand, when the case is severe, specific medications may be required.

Treatment must be carried out according to medical advice. If any symptom appears, the recommendation is to see a doctor immediately, since lack of treatment can worsen the condition.

Conclusion

This infection can be prevented with a few basic measures, such as a good diet, physical exercise, and proper hygiene in the genital region.

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