

Take action to reduce the risk of a yeast infection!

- Keep your blood sugar within target levels as much as possible.
- Be sure your personal hygiene is adequate and limit the use of scented products.
- Be sure to dry the genital area thoroughly after showering, bathing or swimming.
- Avoid situations that keep humidity, such as constant use of pantliners, tight or non-breathable clothing, sportswear, or wet bathing suits.
- Stop smoking or vaping, if applicable.

Questions about diabetes?

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Yeast infections and diabetes

What is a yeast infection?

A yeast infection refers to an infection caused by a fungus. A yeast infection can occur in different places. When it infects the genitals, it is known as vaginitis in women and balanitis in men.

When blood sugar is elevated, the body tries to eliminate the excess sugar in the urine, which then becomes sweet. This, combined with the fact that high blood sugar weakens the immune system, makes people living with diabetes more susceptible to yeast infections.

What are the symptoms?

- Itching, pain, redness, swelling or burning sensation in the genital area
- Pain when urinating or during sex
- Thick, whitish, lumpy, odorless vaginal discharge

If you have one or more of these symptoms, it is important to discuss them with your doctor, pharmacist or nurse. They will be able to recommend the appropriate treatment. It is important to finish the entire treatment, even if the symptoms disappear. If necessary, diabetes treatment might also be modified.

Some diabetes medications¹ cause sugar to be eliminated in the urine, increasing the risk of a yeast infection as a result.

If you are being treated with any of those medications and are concerned about yeast infections, don't hesitate to discuss this with your pharmacist or doctor.

True or False

- 1 Uncircumcised men who live with diabetes are more susceptible to yeast infection.
- 2 Using vaginal douches helps prevent yeast infections.
- 3 There are medications to prevent the reoccurrence of yeast infections.
- 4 Having a new sexual partner can increase the risk of yeast infection.

1: T / 2: F / 3: T / 4: T

¹ Canagliflozin (Invokana®), empagliflozin (Jardiance®) and dapagliflozin (Forxiga®).

