

Infekshanka Xubinta Taranka Dumarka

Vaginal Infection

A vaginal infection, also called vaginitis, is the irritation of the vagina that causes changes in vaginal discharge, itching, odor and other signs.

Most women have some vaginal discharge. This discharge keeps the vagina clean and moist. Normal discharge has a mild odor and should be clear, white or yellow. It may leave a yellowish color on your underwear when it dries. You may have a few days of heavy, clear, slippery discharge about halfway between your monthly periods. This occurs when an ovary releases an egg.

Signs

You may have one or more of these signs with a vaginal infection:

- Change in the amount, color or odor of vaginal discharge
- Itching or burning around the vagina
- Burning when urinating
- An urge to urinate more often
- Sores or warts near the vaginal opening
- Painful sex
- Chills or fever
- Stomach or abdominal pain or cramping

Call your doctor if you have any signs of infection. Your doctor will do an exam to find out the type of infection you have.

Infekshan ku dhaca xubinta taranka, oo sidoo kale loo yaqaanno caabuqa xubinta taranka, waa cuncunka sababa isbeddelo ku dhaca dheecaadka xubinta taranka ka soo baxa, cuncunka, urka iyo astaamo kale.

Haweenka badankood waxay leeyihiin dheecaan xubinta taranka ka soo baxa. Dheecaankani wuxuu xubinta taranka ka dhigayaa mid nadiif ah oo qoyan. Dheecaanka caadiga ahi wuxuu leeyahay ur khafiif ah waana inuu ahaadaa mid nadiif ah, caddaan ama hurdi ah. Dheecaanku wuxuu midab hurdi ah ku reebi karaa dharkaaga hoose marka uu qallalo. Waxaa laga yaabaa inaad yeelato dheecaan culus, oo nadiif ah inta u dhaxeeysa xilliyada caadadaada. Tani waxay dhacdaa marka ugxan-hayska ay soo dayso ukun.

Calaamadaha

Waxaa laga yaabaa inaad yeelato mid ama in ka badan oo ka mid ah calaamadahan marka aad qabto caabuqa xubinta taranka:

- Isbeddel ku yimaada cadadka, midabka ama urka dheecaanka xubinta taranka
- Cuncun ama gubasho agagaarka xubinta taranka ah
- Gubash xlliga kaadida ah
- Rabitaan ah inaad kaadiso in ka badan inta caadiga ah
- Nabaro ama finan ka soo baxa agagaarka duleelka xubinta taranka
- Galmo xanuun badan leh
- Qargaryo ama gandho
- Xanuun ama danqasho caloosha ah

Dhakhtarkaaga wac haddii aad qabtid calaamadaha infekshanka. Dhakhtarkaaga ayaa samayn doona baaritaan si loo ogaado nooca caabuqa aad qabtid.

Types of Vaginal Infection

Yeast Infection

Yeast infections are caused by fungus. Symptoms of a yeast infection include a thick, white discharge that looks like cottage cheese but does not have a foul odor. Yeast infections can cause vaginal itching, burning, redness, and pain with urination or sex.

Bacterial Vaginosis (BV)

Bacterial Vaginosis is caused by an overgrowth of certain kinds of bacteria in the vagina. BV occurs when your vagina has more harmful bacteria than good bacteria. Vaginal discharge may be watery, gray in color, heavy and foul smelling. There may be pain during urination and itching around the vagina.

Atrophic Vaginitis

Atrophic vaginitis is the thinning, inflammation and shrinking of the vagina caused by low estrogen levels. Low estrogen levels can occur after menopause, childbirth, or while breastfeeding. It may cause discharge, itching and burning. Urinating and sex may become hard to do and painful.

Trichomoniasis Vaginitis

“Trich” is an infection spread by sexual contact and caused by a parasite. Heavy discharge with odor, itching, and painful sex and urination may occur. Some women have no signs. You may become infected again if your partner is not also treated.

Noocyada Infekshanka Xubinta Taranka

Caabuqa khamiirka

Caabuqa khamiirka waxaa keena fangaska. Calaadaha caabuqa khamiirka waxaa ka mid ah dheecaan qafiif ah, dheecaan cad oo u eg subag cad oo laakiin aan lahayn ur xun. Caabuqa khamiirka wuxuu sababi karaa cuncun, gubasho, guduudasho xubinta taranka ah, iyo xanuun xilliga kaadida ama galmada ah.

Bacterial Vaginosis (BV)

Bacterial Vaginosis waxaa sababa koritaanka xad dhaafka ah ee nooc bakteeriyaha gudaha xubinta taranka. BV waxa ay dhacdaa marka xubintaada taranku uu leeyahay bakteeriyaha khatar ah oo ka bbadan midda wanaagsan. Dheecaannada xubinta taranka waxay noqon karaan kuwo biyo oo kale ah, oo cawlan midab ahaan, culus ur xunna leh. Waxa jiri kara xanuun xiliga kaadida iyo cuncun hareeraha xubinta taranka ah.

Atrophic Vaginitis

Atrophic Vaginitis waa dhuubnaanta, gubashada iyo soo yaraanta xubinta taranka taasoo ay sababto heerka estrogen-ta oo hooseeya. Heerka estrogen-ta oo yaraada waxa uu dhici karaa kaddib joogsashada caadada, dhalmada canugga, ama marka la naasnuujinayo. Waxa ay sababi kartaa dheecaan, cuncun iyo gubasho. Kaadida iyo galmadu waxa ay noqon karaan kuwo ay adag tahay in la sameeyo xanuun badanna.

Trichomoniasis Vaginitis

“Trich” waa caabuq ku fida galmada waxaana sababa dulin. Dheecaan culus oo leh ur, cuncun, iyo galmo iyo kaadi xanuun badan ayaa dhici kara. Dumarka qaar malahan calaadado. Mar labaad ayaad qaadi kartaa haddii aan lamaanahaaga laga daaweyn.

Your Care

See your doctor if you have any signs of infection. Your treatment may include:

- Medicines
 - › Finish all of your medicine as ordered. The infection may still be present even if the discharge goes away before the medicine is finished.
- Bathing
 - › Bathe or shower each day and clean the area around the vagina well.
 - › Keep the area as dry as you can. Wear cotton underwear.
- Sanitary pads
 - › Use pads if there is a lot of discharge.
 - › **Do not** use tampons to absorb discharge.

Both you and your partner may need treatment as **some types of vaginal infection can be spread by sexual contact**. Ask your doctor if your partner needs treatment. If you are told to return for a follow up check, be sure to schedule an appointment

Xannaanadaada

Arag dhaqtarkaaga haddii aad leedahay wax calaamado ah oo caabuqa ah. Daaweyntaada waxaa kamid noqon kara:

- Daawooyinka
 - › U dhammayso dhammaan daawooyinkaaga sida lagu amray. Caabuqu waa uu sii jiri karaa wali xataa haddii dheecaanku joogsado kahor inta aan daawada la dhammayn.
- Qubeyska
 - › Qabayso ama biyo isku daadi maalin kasta si wanaagsana u nadiifina goobaha ku dhow xubinta taranka.
 - › Kadhig meesha mid qalalan sida aad u awooddo. Xiro hoos gashi suuf ah.
- Cinjirrada nadaafadda
 - › Istickmaal cinjirro haddii uu jiro dheecaan fara badan.
 - › **Ha** isticmaalin tampon-nada si ay u nuugaan dheecaanka.

Adiga iyo lammaanahaaga labadiinuba waxaad u baahan tihiin daaweyn **maadaama noocyo caabuqa xubinta ataranka ah lagu faafin karo xiriirka galmada**. Weydii dhaqtarkaaga in lammaanahaagu u baahan yahay daaweyn. Haddii lagu sheego in aad usoo noqoto hubin la socosho ah, hubi in aad jadowalaysato ballan

Preventing Vaginal Infections

If you have a vaginal infection that keeps coming back, try these tips to help prevent it:

- Avoid spreading germs from the rectum to the vagina. When you go to the bathroom, always wipe from the front of your body to the back, away from the vagina.
- Wash your vagina daily with a mild soap and keep the area as dry as possible. Change your underwear every day and remove wet bathing suits and exercise clothes as soon as possible. vagina well and keep the area as dry as possible.
- Avoid irritating soaps or detergents, feminine hygiene sprays, perfumed toilet paper or perfumed tampons. These products may make symptoms worse.
- Clean diaphragms and spermicidal applicators with hot soapy water and rinse well.
- Do not douche.
 - › Using a douche can wash away good bacteria and cause you to have more vaginal infections.
 - › Your vaginal discharge will smell different during your monthly cycle. This is normal. If you have an odor that does not go away after washing, check with your doctor or nurse.
 - › Douching after having sex does not prevent pregnancy.
 - › Women who douche may have more of a chance of getting pelvic inflammatory disease.

Ka hortagga Caabuqyada Xubunta taranka

Haddii aad qabto caabuq xubinta taranka ah oo soo noqnoqda, isku day talooyinka si aad uga hortagto:

- Ka fogow in jeermisku dabada ka faafo kuna faafo xubinta taranka. Marka aad bookhato musqusha qabayska, had iyo jeer tirtir laga bilaabo qaybta hore ee jirkaaga ilaa dhabarka, meel ka fog xubinta taranka.
- Ku dhaq xubinta atarnka saabuun yar kana dhig goobta mid qalalan sida ugu macquulsan. Baddal hoos gashigaaga maalin kasta siibna dharka qabayska qoyan iyo dharka jimicsiga sida ugu dhaqsiiyaha badan. xubinta taranka si wanaagsan kana dhig goobta mid qalalan sida ugu macquulsan.
- Ka fogow saabuunta ama oomada cuncunka leh, buufinnada nadaafadda ee dumarka, warqadda musqusha ee baraafuunka leh ama tampon-nada baraafuunka leh. Wax soo saaradaan waxay uga dari karaan calaamadaha.
- Si wanaagsan ugu nadiifi dhalmo celiyaha iyo qalabka loo isticmaalo shahwo dilaha biyo kulul oo saabuun leh.
- Biyaha gudaha ha gaarsiin.
 - › Haddii la isticmaalo qaabka biyaha gudaha loo gaarsiiyo waxay dhaqi kartaa bakteeriyada fiican waxayna kugu sababi kartaa in aad caabuqyo badan oo xubinta taranka ah aad qaaddo.
 - › Dheecaanka xubintaada taranka waxa u uri doonaa si ka baddalan caadadaada billaha ah. Tani waa caadi. Haddii leedahay ur aan tagayn kaddib marka aad dhaqdo, ka hubi dhaqtarkaaga ama kalkaalisada.
 - › Biyaha oo gudaha la geeyo galmada kaddib kama hortagayso uurka.
 - › Dumarka sameeya biyaha gudaha la geeyo waxa ay yeelan karaan fursado badan oo ay ku qaadaan cudurrada barariya gumaarka.

- Avoid tight jeans, underwear or pantyhose without a cotton crotch, and other clothing that can trap heat and moisture.
- Do not use home cures. Home cures only hide the problem.
- Use condoms to protect yourself from sexually transmitted infections (STIs).
- Ka fogow jeemiska kugu dhagan, hoos gashiga ama pantyhose-ka aan lahayn dunta suufka ah, iyo dharka kale ee soo jiidanaya kulaylka iyo qoyaanka.
- Ha isticmaalin daawooyinka guriga. Daawooyinka gurigu kaliya waxa ay qariyaan dhibaataada.
- Isticmaal cinjirka galmada si aad isaga ilaaliso caabuqyada lagu gudbiyo galmada (STIs).

Talk to your doctor or nurse if you have any questions or concerns.

La hadal dhakhtarka kaaga ama kalkaaliyahaaga haddii aad qabto wax sualo ah ama welwel ah.