

# Guide to Vaginal Health

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## What is normal vaginal discharge (fluid)?

Normal vaginal discharge refers to the mucus-like fluid that helps keep your vagina clean and healthy. Normal discharge may leave a white or yellow stain on your underwear. The amount of discharge can change at different time in your cycle and varies from person to person.

## How can I help keep my vagina healthy?

- Wash only the outside of your vagina daily with lukewarm water and mild soap (Dove™, Cetaphil™, Neutrogena™)
- After urinating or a bowel movement, always wipe yourself from front to back.
- Never douche, use deodorant sprays, or perfumed powders on your vagina. Do not use deodorant tampons.
- Wear cotton, well-fitting underwear. Thongs may increase vaginal irritation.
- Wear a panty-liner if your discharge is bothering you.
- Change out of wet or damp clothing (like a bathing suit or leotard) as soon as possible.
- If you are sexually active, urinate after having sex. Always use condoms during sexual contact. Never have sex with someone who has any kind of discharge, pimple, sore, or wart on or near their penis.



**Call for an appointment (972-733-6565) if you develop...**

### UTI (Bladder infection)

- Burning when urinating
- Urge to urinate frequently
- Urge to urinate even after you've just urinated
- Fever
- Lower abdominal pain or back pain

### Bacterial Vaginosis (BV)

- Fishy/unpleasant vaginal odor
- milky-white or grey discharge
- vaginal itching and burning

### Yeast infection

- Thick cottage cheese-like, curdy discharge
- vaginal itching and burning
- vaginal redness, and irritation which maybe more noticeable after your period

### Virus

- Anything else unusual around your vagina like a pimple, sore, or wart

# FACT SHEET: CONDOM



**“Condoms are like toilet paper”<sup>®</sup>.** It’s about hygiene (like using toothpaste, showering, or wiping your rear end). It is never about love, trust, claiming to be a virgin, or how long you’ve been with someone. Condoms should be used for all kinds of genital sexual contact, not just intercourse.

**Take responsibility.** It is YOUR job to put the condom on and to do so correctly—ask your doctor for instruction if you’re not absolutely sure how to do it right.

**There shall be no naked penises in your neighborhood until your wedding night.** Sexual fluids can kill you. When you are truly ready to take a bullet & die for someone, you may stop using condoms.

## How does the condom help me?

- Easy to get.
- Can be put on as part of sex play.
- Protects against HIV and many other Sexually Transmitted Infections (STIs).

## Do condoms have risks?

- There are no serious problems when using condoms.
- The condom must be latex or polyurethane to protect against STIs. The condom must be used BEFORE the expiration date and must be in good condition.

## How does a condom work?

- A condom covers the penis during sex. It blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective, but the condom is 85-98% effective if you use it correctly.

## When do I use a condom?

- Put on a condom only when the penis is partially or fully erect.
- Use a new condom each time you have sex.
- If lubrication is needed, use a water-based product such as Astroglide, K-Y Jelly or saliva. NEVER USE baby oil, cooking oils, lotions, massage oil, mineral oil or make up removers. These oils can damage the latex condom.

## How do I use a condom?

- Pinch the air out of the tip using 2-3 fingers (about 1 inch from the tip) to allow room for ejaculation fluid; if you happen to allow an air bubble, it can “pop” or break.
- Place the condom on the head of the hard penis with the roll-side facing out. Don’t let go of the tip of the condom.
- With the other hand, roll out the condom to the very base of the shaft. Then you can let go of the tip.

## How do I remove a condom after sex?

- Hold the condom against the base of the penis as the penis is withdrawn from the vagina.
- Remove the condom from the penis.
- Wrap the condom in tissues and throw away in the trash; NEVER try to flush it down the toilet.

## What if I stopped using a condom and had unprotected sex? Or, what if the condom breaks?

- Take Emergency Contraception (EC) right away. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.
- Available at pharmacies, health centers, health care providers or go to [www.not-2-late.com](http://www.not-2-late.com) to find a source near you. Call ahead to be sure they have it in stock.
- Get a pregnancy test and, possibly, a pelvic exam within two weeks to be sure that the EC worked and that you did not get a sexually transmitted infection.

# A teen's guide to STDs

STD	WHAT IS IT?	WHAT ARE THE SYMPTOMS?	HOW IS IT SPREAD?	IS IT CURABLE?
<b>CHLAMYDIA</b>	A bacterial infection. It can cause infertility and other disorders if left untreated. The most common STD in teens and young adults.	Yellowish discharge, burning during urination, bleeding between periods, swollen or tender testicles. <b>BUT often there are NO SYMPTOMS.</b>	Through unprotected vaginal, oral or anal sex.	Yes, but it might lead to other problems, like Pelvic Inflammatory Disease (PID), or damage to the reproductive organs, if left untreated.
<b>GONORRHEA</b>	A bacterial infection that is also known as "the clap."	Yellowish discharge, burning during urination, stomach pain. But often there are no symptoms.	Through unprotected vaginal, oral or anal sex.	Yes, but it might lead to other problems, like PID, or damage to the reproductive organs, if left untreated.
<b>GENITAL HERPES</b>	A recurring skin condition that can cause irritations in the genital area (vagina, penis, anus) or mouth.	Blister-like sores in the genital region or mouth.	By touching an infected area (which may not be noticeable), or having unprotected vaginal, oral, or anal sex.	No. Herpes is treatable, but will never go away. People with herpes can be contagious even when a person does not have visible sores.
<b>HUMAN PAPILLOMAVIRUS (HPV OR GENITAL WARTS)</b>	A virus that affects the skin around the genital area, as well as a woman's vagina or cervix.	Wart-like growths in the genital area.	Through vaginal, anal, and oral sex, or by touching or rubbing an infected area (which may not have noticeable growths).	No. HPV is treatable but will never really go away. HPV can be passed even when a person does not have visible warts. A vaccine is available to prevent many forms of HPV.
<b>PUBIC LICE (CRABS)</b>	Tiny insects that live on or in body hair.	Severe itching, small red bumps.	Through any direct physical contact and rarely through indirect contact such as a shared object.	Yes, with antibiotics. Clothes and bedding must also be cleaned to get rid of the bugs.
<b>TRICHOMONIASIS (PRONOUNCED "TRICK")</b>	Symptoms caused by a parasite in a women's vagina or men's urethra.	Itching, burning, irritation, redness, discharge, bad smell, frequent and/or painful urination, discomfort during sex, stomach pain.	Through unprotected vaginal sex.	Yes. It doesn't cause any lasting damage to adults, but is important to treat with antibiotics.
<b>SYPHILIS</b>	A bacterial infection that can spread throughout the body.	First stage is a painless open sore on the penis, vagina, or mouth. 2nd stage is a rash, fever, swollen lymph glands, sore throat, muscle aches. The final stage includes damaging internal organs and the central nervous system (brain).	Through unprotected vaginal, oral, or anal sex, and also through kissing if there is a sore on the mouth.	Yes. Syphilis is cured with a large dose of antibiotics.
<b>HEPATITIS A</b>	Infection of the liver caused by a virus. It does not lead to long-term disease.	Poor appetite, nausea/vomiting, headaches, fever, jaundice, dark urine, light-colored bowel movements (poop). Sometimes there are no symptoms.	Through oral contact with feces (poop). Through unprotected anal/oral sex, drinking contaminated water or eating contaminated food.	Does not cause a long-term infection, although symptoms can last 6-9 months. It can be prevented by a Hep A vaccine of 2 doses. Ask your doctor about it. Once you have had Hep A you cannot get it again.
<b>HEPATITIS B</b>	Infection of the liver caused by a virus. It can be a long-term illness leading to liver failure and cancer.	Poor appetite, nausea/vomiting, headaches, fever, jaundice, dark urine, light-colored bowel movements (poop). Sometimes there are no symptoms.	Through unprotected vaginal, oral, and anal sex and through sharing contaminated needles. It is spread through blood, semen, vaginal fluids and breast milk.	No highly successful treatment available. Can be prevented by a Hep B vaccine of 3 doses. Make sure you are up-to-date!
<b>HEPATITIS C</b>	Infection of the liver caused by a virus. The most common long-term blood-borne virus in the U.S. Can lead to liver decay and cancer.	Poor appetite, nausea/vomiting, headaches, fever, jaundice, dark urine, light-colored bowel movements (poop). Sometimes there are no symptoms.	Through contact with infected blood from contaminated needles, and unprotected sex involving blood contact.	Most people develop a long-term infection. There is no vaccine available to prevent Hep C.
<b>HIV/AIDS</b>	A virus that destroys the body's ability to fight off infection.	Weight loss, fatigue, night sweats/fever, dry cough, diarrhea, swollen lymph glands, memory loss/confusion, depression. Sometimes there are no symptoms.	Through unprotected vaginal, oral, or anal sex, and through sharing contaminated needles. Can also pass from mother to child during pregnancy or child birth, or through breast-feeding.	No. Although there are many treatments which have greatly improved the health and survival of people with HIV - there is no vaccine at this time.

Information from: [www.cdc.gov](http://www.cdc.gov)



Reproductive Health Initiative  
[www.SRHD.org](http://www.SRHD.org)

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