



## **HOW TO REDUCE FEMINIE ODOR**

It is not uncommon to worry if other people can smell your vaginal odor, but the concern is usually unwarranted. TeensHealth, a service provided by the Nemours Foundation, assures women " that under normal circumstances, no one ever smells any odors from a girl's vagina." A healthy vagina's scent is usually mild, although some women naturally produce a stronger odor than others. If you are experiencing strong vaginal odors, visit your gynecologist to rule out any health problems. With a clean bill of health, you can follow routine hygiene and vaginal care practices to keep odors to a minimum.

### **Step 1**

Shower everyday to remove sweat and bacteria from your skin. Wash your vulva--the external areas of your vagina--daily with mild soap and water or skip the soap and instead use water alone. Soap can cause vaginal irritation in some women, leading to increased feminine odor. Water alone is sufficient to clean the vulva effectively, according to the American Congress of Obstetricians and Gynecologists, or ACOG.

### **Step 2**

Avoid using feminine deodorant sprays, scented tampons, feminine wipes, scented toilet paper and douches. These products can increase feminine odor by causing vaginal irritation, bacterial vaginosis and yeast infections. Douching changes the pH levels of the vagina, making it less friendly to the good bacteria that ward off infections. ACOG advises women to refrain from douching to "reduce the risk of getting vaginitis."

### **Step 3**

Wear cotton underwear. Cotton is a breathable material and allows air to penetrate the fabric, which reduces feminine odor by keeping the vagina dry. Change your underwear once a day, more often if desired. Wear a nightgown and go pantiless at night to give your vagina an extra boost of fresh air.

### **Step 4**

Reduce vaginal odor by trimming or removing pubic hair. Sweat and urine can get trapped in pubic hair, creating undesirable odors.

## Step 5

Reduce odor related to excess sweating by sprinkling a little cornstarch in your underwear. Cornstarch is mild, unscented and absorbs sweat.

## Step 6

Change your tampons and sanitary pads every three hours to reduce odor related to menstrual blood.

## Tips and Warnings

- Feminine odor, amount of vaginal discharge and consistency of vaginal discharge naturally fluctuate throughout a woman's menstrual cycle. The University of Maryland Medical center notes "emotional stress, ovulation and pregnancy" are normal causes of increased vaginal discharge.
- Seek treatment from a licensed medical professional if you have unusual vaginal odors, discharge or other abnormal symptoms. Gray, green, lumpy, fishy smelling, unusually strong smelling, or unusual amounts of vaginal discharge can be a sign of a sexually transmitted disease (STD), a bacterial infection or a fungal infection. Vaginal irritation, itchiness, burning and irritation are also possible symptoms of infection, STD or other health problems, including cancer.

## Things You'll Need

- Mild soap
- Unscented toilet paper
- Unscented tampons and sanitary napkins
- Cotton underwear
- Cornstarch

## References

- [TeensHealth: Feeling Fresh](#)
- [ACOG: Vaginitis](#)
- [University of Maryland Medical Center: Vaginal Discharge](#)

Source: <http://www.livestrong.com/article/176002-how-to-reduce-feminine-odor/#ixzz1eaCqNOiS>



## **4 WAYS TO RELIEVE VAGINAL ITCHING**

### **1. Treat Vaginal Yeast Infections**

Vaginal itching may be something as simple as a vaginal yeast infection. If you suspect a vaginal yeast infection, and it's your first one, check in with your care provider. Treatment for yeast infections is simple with antifungal creams such as Monistat. If you're having problems getting rid of your yeast infection, check in with your care provider. It's also possible to pass yeast infections to a sexual partner, so your partner may need treatment for a yeast infection too. Ways to prevent yeast infections include wearing cotton underwear, avoiding tight clothing, eating yogurt with live cultures, and decreasing sugar consumption, especially if you have diabetes.

### **2. Rule out Bacterial Vaginosis**

While yeast infections are a big culprit of vaginal itching, you may actually need antibiotics prescribed by your care provider to relieve the itching. One cause of itching is bacterial vaginosis. Causes of bacterial vaginosis include sexual contact and simple hormonal fluctuations. Douching can also cause bacterial vaginosis. Symptoms include itching, fishy odor and a thick vaginal discharge with a grayish color. Sexual contact makes this condition worse so consider wearing a condom during sex. To treat bacterial vaginosis, you'll need antibiotics. You'll also need to treat the itch (just for basic comfort) with a vaginal cream such as Vagisil.

### **3. Determine if You Have Trichomonas**

If you're experiencing vaginal itching you may have an STD called trichomonas. Trichomonas is a protozoa easily passed from sexual partner to sexual partner. Other symptoms of trichomonas include heavy greenish discharge, burning, soreness and redness of vaginal area, swelling of the vulvar, fishy odor and painful sexual contact.

## **4. Other Ways to Relieve Vaginal Itching**

If you've seen your care provider and still experiencing vaginal itching, there are some other things you can do. You can treat vaginal itching with a topical cream such as Vagisil, etc. Shaving the pubic area can also cause irritation of the vaginal tissues, which can lead to itching, especially as the hair grows back. You should also avoid sitting around in wet clothing such as bathing suits and avoid douching. You need to keep the vaginal area clean, but avoid using scented soaps, lotions, toilet paper and bubble bath as this can mess up the normal pH of the vagina, which leads to itching. If you're heading into menopause, which can increase vaginal itching, speak to your care provider about estrogen treatments.

Source: <http://www.livestrong.com/article/11207-relieve-vaginal-itching/#ixzz1eaEreHGV>



## **DIFFERENT KINDS OF VAGINAL DISCHARGE**

Vaginal discharge, according to the Cleveland Clinic, comes from the uterus, vagina or cervix. While most women have vaginal discharge, not all types are normal and may be a sign of an infection. Some women may experience a small amount of discharge once in a while, while others have discharge everyday. Knowing your body and what is normal for you is vital when it comes to understanding when something is wrong.

### **White Discharge**

The Palo Alto Medical Foundation explains that at the beginning and end of your cycle, it is normal to have a thick, white discharge. If you experience itching along with this discharge, however, it may be signs of a yeast infection, thus requiring medical attention.

### **Clear and Stretchy**

You may begin to see this mucous (discharge) after your period ends, and at first it may be cloudy in color. During this time you can stretch it between two fingers to a maximum of a quarter of an inch, according to the Hassle Free Clinic. The closer you get to ovulation, the mucous becomes clearer. At this point you should be able to stretch it up more than 1 inch. The clinic adds that this change in the mucous is necessary for sperm to survive longer and travel through the body to fertilize the egg.

### **Cloudy or Yellow**

Certain organisms live in your body---organisms that do not belong there, according to the Hassle Free Clinic. These germs often make their way into your body through sexual intercourse. The most common sexually transmitted infections are gonorrhea, chlamydia and trichomonas.

These three infections cause various types of vaginal discharge. Gonorrhea results in discharge that is cloudy or yellow, while trichomonas presents with a green, yellow or gray discharge. Chlamydia often has no discharge or symptoms, according to the Cleveland Clinic; however, the treatment for all three infections are pills or shots given to you by your doctor.

## **White Discharge With Odor**

Bacterial vaginosis is a common vaginal infection that results from an imbalance in your vaginal acidity, otherwise known as your pH. Factors such as your hormones, menstrual cycle, douching and sexual activity all play a role in this. Bacterial vaginosis causes a white discharge and a fishy odor. Treatment usually requires pills or vaginal cream.

## **Blood/Brown Discharge**

The Palo Alto Medical Foundation states that during ovulation or in the middle of your cycle, you may experience a discharge that is brownish in color. It may even be blood that appears to be dark brown. The site explains that if you have this spotting or discharge when you are expecting your period, rather than having a regular flow, you should perform a pregnancy test as it may be a sign of pregnancy.

## **References**

- [Cleveland Clinic: Vaginal Discharge Overview](#)
- [Palo Alto Medical Foundation: Female Health Vaginal Discharge](#)
- [Hassle Free Clinic: Vaginal Discharge](#)

Source: <http://www.livestrong.com/article/107124-different-kinds-vaginal-discharge/#ixzz1eaGuUBYH>



## **4 WAYS TO PREVENT VAGINAL ITCH**

### **1. Keep the Vaginal Area Clean**

To prevent vaginal itching, also called vaginitis, make sure you're keeping your vaginal area clean and dry. However, douching can increase vaginal itching since it washes away normal lubricants and bacteria. Wipe or wash from the front to the back after urinating and bowel movements. In the shower, use a plain, scent-free soap. You should also avoid scented vaginal products, scented toilet paper and bubble bath. If you work out, make sure you're wearing cotton underwear and cotton clothes so sweat doesn't sit close to the vaginal area.

### **2. Treat Vaginal Yeast Infections**

One of the biggest culprits of vaginal itching is yeast infections. Treat yeast infections with over the counter treatments such as Monistat. If over the counter treatments aren't working, talk to your care provider for stronger treatments. Other ways to treat vaginal yeast infections include losing weight if you're overweight, as yeast can thrive in folds of skin, especially skin that stays damp. In addition, decrease the amount of sugar you eat; yeast thrives in people who eat a great deal of sugar. If you have diabetes, make sure you're keeping your blood sugar under control. You should also change out of wet clothes and bathing suits immediately since yeast thrives in warm, damp environments. Finally, consider eating a serving of yogurt with live cultures every day to keep yeast infections at bay. Antibiotics can also increase the chance of getting a vaginal yeast infection so be on the lookout if you're taking antibiotics.

### **3. Vaginal Itching and Menopause**

It's not uncommon during menopause to notice an increase in vaginal itching. This has to do with changes in hormone levels. The vaginal area gets drier during menopause, and this leads to itching. Estrogen creams or tablets for the vaginal area can help prevent vaginal itching during menopause.

### **4. Avoid STDS by Wearing a Condom**

Often an STD called trichomonas causes vaginal itching. Trichomonas is a protozoa passed from one sexual partner to another. Treatment for trichomonas is easy, but your care provider will need to prescribe

the treatment. Other STDs that can cause vaginal itching include herpes and genital warts. Use a condom when having sex to prevent STD transmission. If you suspect your vaginal itching is caused by an STD, contact your care provider for a diagnosis and treatment plans.

Source: <http://www.livestrong.com/article/11222-prevent-vaginal-itching/#ixzz1ealkE6OW>



## **CAUSES OF EXCESSIVE VAGINAL MUCUS**

Vaginal discharge, or mucus, is normal. MayoClinic.com describes it as a combination of fluid, cells and bacteria that are continuously shed through the vagina. The purpose is to clean and protect the vagina. Discharge can be different for each woman and can change throughout the month. A significant change in mucus secretions can indicate a health concern.

### **Causes**

The National Institutes of Health points out that several normal female bodily functions can increase mucus secretions. These include emotional stress, ovulation, pregnancy and sexual excitement.

### **Vaginitis**

Vaginitis is a common bacterial infection in women caused by an imbalance of naturally occurring bacteria in the vaginal tissues. The bacteria levels can be upset in a variety of ways: wearing tight pants, using fragranced soaps or douching.

Symptoms of vaginitis differ from one woman to another. FamilyDoctor.org points out that when vaginitis occurs the discharge amount, color and smell can change from what a woman typically experiences. The secretions can significantly increase. The odor is often foul and the color may be white or greenish. Skin tissues may become inflamed and itchy. An oral antibiotic is prescribed to treat this infection.

### **Bacterial Vaginosis**

Bacterial vaginosis is another type of vaginal infection that causes an increase in mucus secretions. The cause of this infection is the *Gardnerella vaginalis* bacteria. The reason women contract this bacteria is not clear, according to FamilyDoctor.org, but it is not considered a sexually transmitted infection. Symptoms of bacterial vaginosis include white, gray or yellowish vaginal discharge; a fishy odor; vaginal itching; vaginal burning; redness of the vagina or vulva; and swelling of the vagina or vulva.

## **Trichomoniasis**

Trichomoniasis is a vaginal infection caused by *Trichomonas vaginalis*, a type of bacteria. Symptoms may take a long time to appear. Symptoms of this infection include pain when urinating, itching when urinating, foul odor and unusual discharge. The mucus secretions of the vagina during this infection may be watery, yellowish, greenish or bubbly, according to FamilyDoctor.org.

## **Sexually Transmitted Infection**

Two types of sexually transmitted infections, chlamydia and gonorrhea, can cause an increase in vaginal discharge, according to FamilyDoctor.org. These infections are passed from one sexual partner to another. Antibiotics are used to treat the bacteria. Sometimes symptoms do not exist with these infections. When they do appear, they consist of vaginal discharge, foul odor and itching.

## **Yeast Infection**

Yeast is found naturally in small amounts in the vagina. If too much of this fungus grows the result is a yeast infection. FamilyDoctor.org suggests yeast infections are common and typically aren't serious. Symptoms include a significant increase in vaginal discharge that is white and lumpy, swelling around the vulva, pain around the vulva, intense itching and pain during sex. Treatment consists of an oral or vaginal antifungal medication.

## **References**

- [Family Doctor: Vaginal Discharge: Changes That May Be Signs of a Problem](#)
- [MayoClinic.com: Vaginal Discharge](#)
- [MedlinePlus: Vaginal Discharge](#)

Sources: <http://www.livestrong.com/article/131269-causes-excessive-vaginal-mucus/#ixzz1eaLOvXgT>