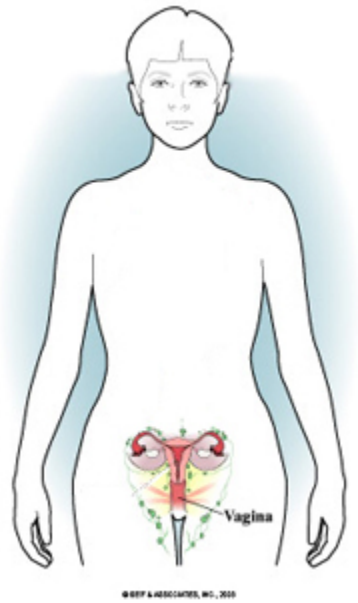
Pediatric Vaginitis for Teens

Vaginitis is an infection. It causes soreness, swelling, and redness (*inflammation*) of the vagina. Many of these infections are sexually transmitted diseases. They can cause further problems and complications such as:

- Chronic pelvic pain.
- Infertility.
- Unwanted pregnancy.
- Abortions.
- Tubal pregnancy.
- Infection passed on to the newborn baby.
- Cancer.



Young girls have a tendency to get involved with high risk sexual activities because of peer pressure and increasing hormone changes at this age. Studies have shown that girls are beginning sexual behavior as early as age 9 and 10 years old. The older the girl becomes, the more likely she will increase her sexual activities, have multiple sexual partners and not practice safe sex.

SYMPTOMS

- Abnormal vaginal discharge.
- Itching of the vagina.
- Pain in the vagina.
- Swelling of the vagina.
- In some cases, there are no symptoms.

CAUSES

- Monilia. A yeast/fungus infection, not a sexually transmitted disease.
- Bacterial vaginosis. The normal balance of bacteria in the vagina is disrupted and is then replaced by an overgrowth of certain bacteria.
- Gonorrhea, chlamydia. These are bacterial infections that are both sexually transmitted diseases (STD).
- Trichomoniasis. This is a protozoa parasite that is a STD.
- Viruses like herpes and human papilloma virus. Both are STD's.
- Allergic reaction. Allergy to:
  - Douches.
  - Soaps.
  - Spermicides.
  - Condoms.
  - Scented tampons and vaginal sprays.

TREATMENT

Treatment will vary depending on the type of infection.

- Bacteria and trichomonas - usually oral antibiotics and sometimes vaginal cream or suppositories.
- Monilia vaginitis - vaginal creams and suppositories.
- Viral vaginitis has no cure. However, the symptoms of herpes (a viral vaginitis) can be treated to relieve the discomfort. Human papilloma virus has no symptoms but when found is treated with:
  - Cryosurgery.
  - Laser surgery.
  - Local removal surgery.
- Allergic vaginitis. Stop using the product that is causing the problem. Vaginal creams can be used to treat the symptoms.
- When treating a STD, the sex partner should also be treated.

HOME CARE INSTRUCTIONS

- Take all the medications as prescribed by your caregiver.
- **Do not** use scented tampons, soaps or vaginal sprays.
- **Do not** douche.
- Tell your sex partner if you have a vaginal infection or a STD.

- **Do not** have sexual intercourse until you have cured the vaginitis.
- Practice safe sex by using condoms and have one sex partner.
- Make sure your sex partner is not having sex with others.

SEEK MEDICAL CARE IF:

- You develop a fever 100° F, (37.9° C).
- You develop abdominal pain.
- Your symptoms get worse during treatment.

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