

# The Scoop on Vaginal Discharges

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We don't know of any condition that keeps the lights on in a medical practice catering to women more than vaginal discharges. We ladies just can't stand them!

Here is the unvoiced question every woman with a vaginal discharge wants answered;

*Is this discharge a sexually transmitted disease?*

Next question would be;

*Should I go and set his pants on fire?*

We totally made that one up for laughs.

## The vagina flora is made of 3 major elements;

1. Acidic bacteria also known as lactobacillus
2. Alkaline bacteria
3. Yeast

Of the 3, the acidic bacteria (lactobacillus) have the highest concentration to maintain an acidic medium so things can go on like they should down there.

*Normal vaginal odor is musty.*

An overgrowth of either the alkaline bacteria or the yeast portion of the vaginal flora could lead to changes in the usual musty odor of the vagina and also cause abnormal vaginal discharges.



**For the sake of this discussion we could classify vaginal discharges in a few ways;**

**Color of Discharge:**

1. Clear
2. Grey
3. White
4. Yellow
5. Green
6. Red
7. Brown.

**Note:**

If you ever get a blue or teal vaginal discharge, you might want to call 911 and maybe the Guinness book of records because we've never seen blue vaginal discharge EVER!

**Consistency of Discharge:**

1. Thin
2. Thick

**Odor of Discharge:**

1. None
2. Fishy
3. Musty
4. Foul



- A no-fluff 15-page digital guide on prevention and treatment of bladder leaks.
- A 30 minutes audio recording of the guide for on-the-go consumption
- A video/audio recording of a simple exercise routine for toning up the bladder and pelvic floor muscles.



**>>>>>Pick it up by going to [Healthgist.com/bladderleaks-2](https://www.healthgist.com/bladderleaks-2)<<<<<<<<<**

### **Who We Are**

We are board-certified family physicians with over 25 years in practice combined, in the front lines serving and meeting the health care needs of women.

**Healthgist.com** is a community of women who care about their health. Welcome on board!

Dr. Bola & Dr. Carol  
Healthgist.com co-founders