## The Scoop on Vaginal Discharges

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.



1. Healthgist.com

# 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

### Common Causes of Vaginal Discharges & Odors

### 1. Yeast Infection (Candida)

Typically presents as a thick white or yellow cheesy discharge with a lot of itching and irritation down there.

#### 2. Bacterial Vaginosis

Typically presents as a thin grayish discharge with a fishy odor. Collateral damage from losing the acidic concentration of the vagina from douching or prolonged antibiotic use.

### 3. Sexually transmitted diseases (STDs)

Trichomonas, gonorrhea or chlamydia infections; Typically show up as a thick or thin yellowish discharge with a foul odor.

### 4. Menstrual bleeding

Menstrual bleeding is typically thick and bloody. There could also be shades of brown or pink involved.

#### 5. Ovulation

Typically present as an odorless, clear or white syrupy discharge and would happen mid-cycle (between days 12-18 of your menstrual cycle).

#### 6. Urine

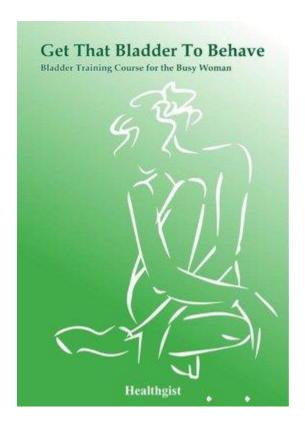
Having an irritable bladder or poor pelvic floor tone could cause small squirts of urine to leak. The urine leakage could be mistaken for a vaginal discharge.

If you think you might be experiencing a bladder leak, we have a package you don't want to miss.....Read on below.

#### >>>>>>>>Don't Miss This Great Deal! <<<<<<<<

You can pick up our Get That Bladder to Behave bundle comprising of;

- A no-fluff 15-page digital guide on prevention and treatment of bladder leaks.
- o 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 <a href="Healthgist.com/bladderleaks-2">Healthgist.com/bladderleaks-2">Healthgist.com/bladderleaks-2</a>

#### 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