

Published based on [Steps to Take in Avoiding Vaginal Yeast Infections](#)

Steps to Take in Avoiding Vaginal Yeast Infections

Yeast-related infections occur because a woman's vaginal area is warm, dark, and wet, and those are the perfect conditions that yeast thrive in. In fact, vaginal yeast infections are so common that four out of five ladies can expect to have at least one during their lifetime. These figures get much worse when you consider that many women will have persistent issues with yeast which means they'll continue to get illnesses again and again again. Although an infection isn't life-threatening, it can be annoying and uncomfortable to the point that women wonder what they can do to [prevent yeast infections](#).

As noted in the 1st paragraph, yeast like it where conditions are dark, warm, and moist. Clearly, there isn't much you can do about the area being dark, but you can do things to alleviate the wetness and some of the heat which will make the prevalence of fungal infection less frequent. You can begin by ensuring you always wear cotton knickers. This doesn't mean the kind with only a cotton crotch, either. Sure, the small silk ones look lovable, but they also don't let your vaginal area breathe the way that it wants to to remain healthy.

A second way to help keep the prone area cooler and drier is to only wear a top to bed. This could mean wearing a nightgown, a pajama shirt, a t-shirt, or nothing at all, anything that keeps fabric away from your vaginal area. Once more, you need to get air to the region in order to [keep yeast infections from happening](#), and this is only possible by having that part of your body bare all night long.

The third suggestion for helping to dry out the vaginal area is to take frequent baths. I know, it doesn't make a large amount of sense. Get the area wet to keep it dry? It's the truth, though, and if you mull it over a minute, you'll see why. Mull over how your skin's continued exposure to water can dry your hands and other parts of your body. Bathing can do the same for the vaginal skin which will leave you far less at the mercy of an infection. Be certain to dry totally after you get out of the tub, and apply lotion liberally to other bits of your body so that the skin doesn't dry and itch.

Always take good care of your skin. Certain fabric softeners and dryer sheets, as an example, can cause vaginal irritations. When your skin gets irritated, it can become infected way easier. Avoid using antibiotics unless you absolutely have to, because they've been proved to make girls much more apt to develop yeast infections.

Certain old wives tales, however, aren't essentially cause for concern. There is no evidence that if you eat products containing yeast or sugar that you'll develop yeast infection. There is also no clinical evidence proving that you will get the infection by having sex with an infected person. Therefore, you don't need to switch your behaviors in what you eat or do in these ways, because avoiding them will not help you [avoid yeast infections](#).

You can also find this article published on [Steps to Take in Avoiding Vaginal Yeast Infections](#), and on the tag pages [prevent yeast infections](#), [vaginal yeast infection](#), [yeast infection](#).