

# Thrush



## What is Thrush?

Thrush is a fungal infection most commonly caused by *Candida albicans* fungus. It is normally present in the mucous membranes of the mouth, intestinal tract, the vagina and the skin of healthy people. However, on occasion there is an excessive growth of fungus, which causes minor infections. One variation, chronic mucocutaneous candidiasis, affects the skin, nails and mucous membranes, and in rare cases spreads throughout the body and results in systemic thrush. Systemic thrush can cause damage to the heart, lungs, brain or kidneys.

## Symptoms

### Vaginal thrush:

- Vaginal itching.
- A white cheesy-looking discharge

### Oral thrush:

- Creamy, yellow, raised sores in the mouth and the throat

### Mucocutaneous candidiasis:

- Red, itchy skin patches
- Redness and swelling around the nails
- Oral and vaginal thrush
- Hair loss

### Systemic thrush:

- Fever
- Headache
- Weakness
- Specific symptoms indicating endocarditis, blood poisoning, meningitis or pneumonia

## What causes Thrush?

*Candida albicans* is almost always present in the body, but bacteria that are also present usually keep it under control. Sometimes these bacteria fail in their task, allowing fungal overgrowth and infection. Thrush may develop when your resistance is low due to illness. It also occurs as a side effect of antibiotic treatment for a bacterial infection since antibiotics may destroy not only the bacteria causing the illness, but also the beneficial bacteria that control fungal growth. Thrush is particularly common in people who have diabetes, since excessive blood sugar promotes fungal growth.

Oral thrush is most common in babies, the elderly, and those who are weakened by illness. In the last of these, the infection may spread to the oesophagus (gullet) making swallowing difficult. The variation chronic mucocutaneous candidiasis is often associated with an endocrine hormone abnormality, such as an under active thyroid or Addison's disease.

## Systemic thrush infections are most likely to occur in:

- People with AIDS, leukemia, or poorly controlled diabetes.
- Drug abusers, including chronic alcoholics and intravenous drug addicts.
- People who are taking regular antibiotic or anticancer drugs.

## What can I do to avoid Thrush?

- If you have diabetes, maintain strict control of your blood-sugar levels.
- Avoid the excessive use of alcohol.
- Do not use intravenous drugs.
- Do not take any antibiotics unless prescribed by your doctor.

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## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.