

Can Men Get Yeast Infections? Yes, and Here's What You Need to Know

Yeast infections are a common problem for women, but did you know that men can also get them? It's true, and while they're not as common as they are in women, they can still be a nuisance.

In this article, we'll take a closer look at yeast infections in men, including the causes, symptoms, and treatment options. We'll also provide some tips on how to prevent yeast infections from coming back.



Can Men Get Yeast Infections? by Renee Benzaim

★★★★☆ 4 out of 5

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What Causes Yeast Infections in Men?

Yeast infections are caused by a fungus called *Candida*. *Candida* is a type of yeast that normally lives on the skin and in the digestive tract without causing any problems.

However, when *Candida* overgrows, it can cause an infection. This can happen for a number of reasons, including:

- A weakened immune system
- Diabetes
- Obesity
- Taking antibiotics
- Using steroids

Symptoms of Yeast Infections in Men

The symptoms of yeast infections in men can vary, but they typically include:

- Redness and swelling of the penis
- Itching and burning
- A white or yellow discharge
- Painful urination
- Difficulty getting or maintaining an erection

Treatment for Yeast Infections in Men

Yeast infections in men are typically treated with antifungal medications. These medications can be taken orally or applied directly to the penis.

Oral antifungal medications include:

- Fluconazole

- Itraconazole
- Ketoconazole

Topical antifungal medications include:

- Clotrimazole
- Miconazole
- Terbinafine

The length of treatment will vary depending on the severity of the infection. In most cases, symptoms will improve within a few days of starting treatment.

How to Prevent Yeast Infections in Men

There are a number of things you can do to prevent yeast infections from coming back, including:

- Keep your penis clean and dry.
- Wear loose-fitting underwear made of natural fibers, such as cotton.
- Avoid using harsh soaps or detergents.
- Limit your intake of sugary foods and drinks.
- Get regular exercise.
- Manage your stress levels.

Yeast infections in men are a common problem, but they can be easily treated. If you think you may have a yeast infection, see your doctor for

diagnosis and treatment.

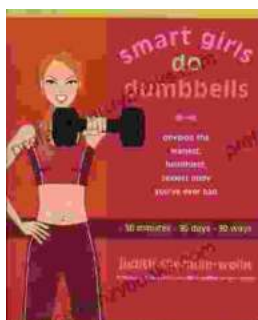
By following the tips in this article, you can help prevent yeast infections from coming back.



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