

Fact Sheet - Dinka

TË YE WATH KU MUR RËËR THÏN KA CÏN KË WÄÄC

Common Vaginal & Vulval Conditions



Yë Lääk ë Wath Yindä Yen Ce Koc Diir?

Kuat tik ebën a ye wath yic laj lääk. Lääk ë tij dëd a lëu bë kur ku lääk tij dëd a lëu bë dit. Kaam dëd, ka lääk a juak ye nyin, kaam dëd ka dhuk piny, ku kaam dëd a lëu ba kuc lon cïn läk.

Diäär tæem ë dhiët aa röt lac yök ke cïn lääk dït ben lëëk bei wath yic. Aya, lääk ee lëëk bei ka thöj rot nïn thëk tik ku thöj rot wal ye tik dek bë meth cï yök. Lääk ee wath cöl rëër puol, ku kaam dëd lääk ee rot waar rëk bë raan dieer.

Ba Dic Kadä Të Cï Wanh Dië Wuock?

Tekdä ka lëu ba kākä yök:

- Ayieel, areem wälä but wath yic;
- Juëkjuek bi lääk ë wath ye nyin juak wälä nuac bi yen ya nuac
- Areem tē le yin laac
- Areem tē tēec yin ke moc

Na lej tööj cë rot luöi yïin kam kākä ka path ba la tēn akiem du wälä loor Panakim ë Guiër ë Macthok.

Yejö Ba Looi Bë Wanh Dië Ku Muör Dië Rëër Ke Puol?

A lej kã puol yiic lëu ba ke looi:

- Ye cej maguluk alath wälä maguluk cilik ku päl maguluuk cë looi kã kök yam ku maguluk waar akölköl. Na cej alanh kuöl la pil ka duk cej kaam bäríc.
- Ye maguluk look piü tuc ku thabun cïn wal kök ku ye look piü path kën yic rou tē cï lök thabun thök rin bë na lej kuat kën koc töu thin ka bö bei
- Ye alëth tiop cïn kuanj wälä cïn tuk lac waar tē cï kuanj wälä tuk thök
- Päl alëth thëk kök ku ye tēmpon yen yin thek (tē cïn yök ke moc bë wath lööu yic). Na liu tēmpon, ka yï ye alëth thëk lac waar ku mäl cëj cëj ë alëth thëk wälä tēmpon cë weer riëëya.
- Duk ye cej alëth la pil cït jiin rin ye kek yï kuët nuöoi wën bë ya rëër ka tuctuc rëk bë laj bakteria ku luou yem röt thïn
- Duk ye lok duc – ku lök ë duc cï akim lueel bin wuock nyaai a kēc pëen. A lëu bë wanh du ya reem yic tē yin lok duc. Na puol wanh ka cë path ba ya muoc yic riëëya
- Duk kuat thabun, thabun laakagey ku kuat riëëya cöl a thiäak ke wanh du. Ku kuat wal kök ye kãm nöck cöl a køj thiäak ke wanh/muör du

- A lej kuat miök dëd cït miök aqueous lëu bin tuc. Ye rot look piü ku thabun
- Na wec yï thar tē cïn thök laac, ka ye göl tuej ba weec ciëen rin bë na lej kãm bö bei yëec ka ke cï tēek mur yic. Duk yï thar weec waraj cë weer riëëya rin yen koc gãm ayieel.

A lej kã kök ye yök wath yic ku mur yic ku ka kã ye tuentyuenty kök bëy, ka yeen na kēc kã cë tuöl wanh/muör du yic ku cik dhuk piny ka yï la tēn akim bi la caath.

Na wic ba lëk kök yök

- *Jaam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lökayukar: www.fpnsw.org.au/talkline*
- *NRS (raan cïn ye yic) 133 677*
- *Wälä looc Panakim ë Guiër ë Macthok töu akeunhom*

www.fpnsw.org.au | telepun ë jam 1300 658 886 | dukän athör

loilooi ë kïim & lëk | piöoc & nyuuth | jác | guiër ë pinyinhom

Aguir ë Guiër ë Macthok NSW a ce wëu luöoi bik dhiët ku wëu keen yen luui aa bën tēn Amathöm ë Pialguöp NSW

Lëk töu athör kën yic a cë gät ka ye kē lëk koc path ku cïn dëd lëu bi raan looi yeen. Aguir ë FNPNSW a cë kē riëec ebën guir rin bë lëk kën ya lëk la cök ku tēu nyien kööl wäär gët yeen. Na lej raan dieer alonj tē deen bi yen dhiët thïn wälä alonj tē deen bi yen pial thïn tē tēec yen ke moc/ tik, ka yeen apath bë la tēn akiem de bë yeen la wëët ku kony yeen; tēdä ka lëu bë la Panakim ë Guiër Macthok.

Beric: Pendhiëc 2014/FPNSW 05/14

Fact Sheet - English

COMMON VAGINAL AND VULVAL CONDITIONS



What Is A Normal Vaginal Discharge?

All women have a vaginal discharge. The amount varies from woman to woman. It is sometimes heavier, sometimes lighter, and sometimes you won't notice it at all.

Menopausal women often notice that they have less vaginal discharge. It also depends on where a woman is in her menstrual cycle and whether she is using hormonal contraception. The discharge keeps the vagina healthy, but sometimes it changes in a way that causes problems.

How Would I Know If I Had A Vaginal Infection?

You might notice:

- itching, burning or soreness around the vaginal area
- an increase in the amount of vaginal discharge or an unusual or unpleasant smell
- pain on passing urine
- painful intercourse

If you have any of these symptoms you should see your doctor or Family Planning clinic.

What Can I Do To Keep My Vagina And Vulva Healthy?

There are a number of simple things you can do:

- Wear cotton or silk underwear rather than synthetics and change daily. Wear tights or stockings for as short a time as possible
- Wash underwear in hot water and pure soap and double rinse to make sure any irritants are removed before you wear them
- Change out of damp swimming costumes or sports clothes as soon as possible after swimming or exercise
- Use tampons instead of sanitary pads or panty liners. If using pads, change them regularly and avoid perfumed or deodorised pads and tampons

- Avoid tight fitting clothes such as jeans as this creates a moist, warm environment that encourages the overgrowth of bacteria and yeasts
- Never douche - except if it is specifically prescribed by a doctor to treat an infection. Douching increases your risk of vaginal irritation. A healthy vagina does not need a vaginal deodorant
- Avoid using soaps, bubble baths, bath salts, perfumes and perfumed talcs around the vaginal area. And never ever use anything harsh such as disinfectants - even diluted, near your vagina
- A gentle moisturiser like aqueous cream may be advised. Use water or soap substitutes to wash the area
- Always wipe from the front to the back after going to the toilet since this stops bowel organisms being swept into the vagina. Don't use perfumed toilet paper because it can cause irritation.

Sometimes vaginal and vulval symptoms can be due to other more serious causes so if your symptoms do not get better make sure you see your doctor for a check up.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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The information in this Factsheet has been provided for educational purposes only. Family Planning NSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit an Family Planning NSW clinic.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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