

陰道炎

Vaginitis



衛生署
Department of Health

陰道炎

是指陰道受感染或由其他因素引起的炎症。任何年齡的女性，尤其是正值生育年齡及性生活活躍的女性特別容易患上陰道炎。

Vaginitis

is inflammation of vagina, which can be caused by infection or other factors. Women of any age, especially at childbearing age and sexually active females are more vulnerable to this condition.

白帶

- 👉 正常時呈透明至白色漿糊或蛋白狀、無味
- 👉 於排卵期、經期前、性衝動時、懷孕期間，服用避孕丸或配戴子宮環會令白帶量增加
- 👉 不正常的白帶通常會變成黃色或綠色，呈乳酪或泡沫狀，有異味，甚至帶血；成因包括感染、發炎、子宮頸癌肉或生殖器官腫瘤，患者應盡快求診

Vaginal Discharge

- 👉 Normal vaginal discharge is an odourless secretion which is clear or white in colour, and paste-like or egg white-like in texture
- 👉 Volume may slightly increase during ovulation, before period, when sexually excited, during pregnancy, using contraceptives or intrauterine devices
- 👉 Abnormal vaginal discharge is usually yellowish or greenish which is yogurt-like or frothy with an unpleasant smell and may even contain blood; causes include infection, inflammation, cervical polyps or genital tumours. Patients should seek medical advice promptly

細菌性陰道炎

- 成因：常見於生育年齡的女性，由於陰道內微生態不平衡所引致；配戴子宮環，有灌洗陰道習慣或有多個性伴侶有較高感染風險
- 症狀：白帶增多或帶有異味，有些人則沒有任何症狀
- 治療：服用抗生素、避免陰道灌洗、進行安全性行為

Bacterial Vaginosis

- Causes: Commonly seen in women of child bearing age due to an imbalance of normal healthy flora (bacteria) in the vagina. Using intrauterine device, practising vaginal lavage or having multiple sexual partners are risk factors for bacterial vaginitis
- Signs and Symptoms: Increased vaginal discharge or with abnormal odour; some may have no signs or symptoms
- Treatment: Take antibiotics; avoid vaginal lavage; practise safer sex

念珠菌陰道炎

最常見的陰道炎，是由念珠菌（真菌）所引致；不少人會反復受感染，原因可能是少量念珠菌寄存於女性的陰道內。

- 成因：** 當陰道酸鹼度或荷爾蒙產生變化時，例如懷孕、患上糖尿病或免疫力降低、服用抗生素、長期使用類固醇或免疫抑制劑等，令陰道環境適合念珠菌繁殖而引致陰道炎
- 症狀：** 白帶呈乳酪或豆腐渣狀；外陰異常痕癢
- 治療：** 使用陰道栓劑、外用藥膏；若反復受感染，醫生可能會處方口服藥物；控制糖尿病

Candidiasis (Moniliasis)

The most common type of vaginal infection is caused by Candida, a type of yeast (fungus). Many women have recurrent infection which may be due to small amount of yeast colonised inside the vagina.

Causes: When the pH value of the vagina changes or there is hormonal change inside the body, e.g. during pregnancy, having diabetes or weakened immune system, taking antibiotics, having long-term use of steroids or immunosuppressants, the vaginal environment would be favourable for candida to multiply, causing vaginal infection

Signs and Symptoms: Cheese-like or bean curd like vaginal discharge, very itchy around genital area

Treatment: Use vaginal suppositories, topical cream; for recurrent infections, oral medication may be considered; control diabetes

由性病引起的陰道炎

- 成因：** 不安全性行為（沒有使用安全套）或有多個性伴侶；常見原因包括感染陰道滴蟲、淋病、衣原體，陰部疱疹及尖銳濕疣等
- 症狀：** 下陰痕癢、陰道分泌物增加、盆（盤）腔或小腹疼痛、排尿困難、不正常出血或可無任何症狀
- 治療：** 藥物治療；伴侶須同時接受檢查及治療；保持個人衛生及安全性行為。如懷疑感染性病，無論有否出現症狀，都應及早求診

Sexually Transmitted Vaginitis

Causes: Unprotected sex (not using condoms) or having multiple sexual partners; trichomoniasis, gonorrhoea, chlamydia, genital herpes and warts are common causes

Signs and Symptoms: Itchiness of vagina, increased vaginal discharge, pelvic or lower abdominal pain, difficulty in passing urine or abnormal bleeding; some may have no signs or symptoms

Treatment: Drug treatment; partners also require assessment and treatment; maintain personal hygiene and practise safer sex. If suspect of having sexually transmitted infections, with or without symptoms, should seek medical consultation promptly

*部分患者可以毫無症狀；若未能適當地治療性病，會影響生殖器官，造成輸卵管閉塞，引致日後不育、宮外孕、習慣性流產，甚至盆腔炎（亦稱為盤腔炎）。

*Some patients may have no symptoms; if not properly treated, the reproductive organs can be affected, resulting in oviduct obstruction, subfertility, ectopic pregnancy, habitual abortion or even pelvic infection.

萎縮性陰道炎

- 成因： 不帶傳染性，常出現於更年期後，由於女性荷爾蒙或分泌物減少，以至陰道黏膜變薄
- 症狀： 陰部痕癢、灼熱；性交疼痛、性交後出血
- 治療： 使用潤滑劑、服用荷爾蒙補充劑

Atrophic (Senile) Vaginitis

- Causes: Non-infectious; usually occurs after menopause due to decreased female hormone or vaginal discharge leading to thinning of vaginal mucosa
- Signs and Symptoms: Itchiness and burning sensation inside the vagina, painful sexual intercourse or post-coital bleeding (bleeding after sex)
- Treatment: Use of lubricant; take hormonal replacement therapy

預防陰道感染須注意事項

- 👉 實踐健康生活模式，注意個人衛生
- 👉 選用棉質內褲，避免穿着太緊身的襪褲
- 👉 宜選用花灑淋浴，避免浸浴
- 👉 避免致敏原或使用陰部清潔劑或香體用品
- 👉 應由前向後的方向清潔陰部或肛門；避免灌洗陰道
- 👉 性交前先清潔性器官，性交後應排清尿液
- 👉 維持單一性伴侶，並進行安全性行為，使用安全套

*陰道感染不一定是性病，如有懷疑，應盡快求診；有需要時，確保性伴侶應同時接受治療。

Points to Note for Prevention of Vaginitis

- 👉 Adopt a healthy lifestyle and maintain personal hygiene
- 👉 Wear cotton underpants and avoid wearing tight pants
- 👉 Take a shower instead of a bath
- 👉 Avoid allergens or using genital cleansers or fragrances
- 👉 Wipe the genital area or anus from front to back; avoid vaginal lavage
- 👉 Clean the genitals before sexual intercourse and empty the bladder afterwards
- 👉 Maintain a single sexual partner, practise safer sex using condom

*Vaginal infection is not always caused by sexually transmitted infections; seek medical advice promptly if in doubt. Ensure the sexual partner is also treated if necessary.



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