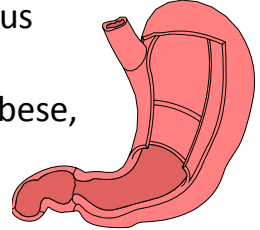


# Candidiasis

## What is it?

- **Candidiasis Albicans**- found in feces, mouth, vagina
  - **Infection**- in the mucous membranes
  - **Greater Colonization**- debilitated persons with thrash, cutaneous lesions, vaginitis
- **Susceptible**- immunosuppressed, postoperative, antibiotic therapy, obese, diabetic, hematological malignancy



## Signs and Symptoms:

- **Thrush**- creamy, white painful patches in the mouth or esophagus causing swallowing problems
- **Infection of the Heart Valves**- fever, heart murmur, enlarged spleen
- **Infection of the Retina**- can cause blindness
- **Infection of Kidney or Blood**- fever, very low blood pressure, shock, decrease in urine production

## Medications:

- **Antibiotics**- often aggravates the condition
- **Nystatin/Amphotericin B**- may correct the condition
  - **Monitor**- for nausea, diarrhea, stomach pain

## Facts:

- **Common**- in people with a normal immune system
- **More Common or Persistent**- Diabetes, AIDS, Pregnant women,
  - **Patients with a low White Blood Cell Count**- leukemia, treatment for any cancer, catheter placed in the blood vessel, infection of the heart valves- endocarditis



## What can I do?

- **See your Health Care Provider**- samples of blood, spinal fluid
  - **Prevent/Treat**- Infections, complications, endocarditis, emboli, splenomegaly
- **See a Registered Dietitian**- for help or a FFF RD on line for help as needed
- **Goals**- High Biological Value Proteins, adequate Calories, Vitamins, Minerals, Fluids, Yogurt can be beneficial, small/frequent meals are best
- **Increase**- Fresh Fruits and Vegetables if tolerated to meet Vitamin C, A needs- citrus fruits, broccoli, cabbage, cantaloupe, spinach, sweet potatoes
- **AVOID**- Fasting, Skipping Meals

