Candidiasis

Fact Sheet Number 501

Candidiasis (Candida infections) can occur in many parts of the body. AIDSInfoNet www.aidsinfonet.org

Fact Sheet 500 candidiasis

A Project of the New Mexico AIDS Education and Training Center. Partially funded by the National Library of Medicine

Fact Sheets can be downloaded from the Internet at http://www.aidsinfonet.org

AIDS InfoNet

Fact sheet 500 and Candidiasis

Candidiasis can occur in many parts of the body. It can be caused by the fungus Candida albicans. The most common sites for candidiasis are the mouth, throat, and vagina. Other sites include the skin, nails, and intestines.

Candidiasis can cause a variety of symptoms, including:

- Oral thrush (white patches on the tongue or inside the mouth)
- Athlete's foot (red, itchy skin on the feet)
- Ringworm (red, scaly patches on the skin)
- Yeast infection of the vagina

Treatment for candidiasis depends on the site affected. Common treatments include:

- Oral antifungal medications
- Topical antifungal creams or lotions
- Antifungal powders or sprays

In severe cases, intravenous (IV) antifungal medications may be necessary.

Preventive measures include:

- Good personal hygiene
- Avoiding tight-fitting clothing
- Keeping the skin dry
- Avoiding contact with infected individuals

Candidiasis can recur if the underlying cause is not addressed. People at risk for candidiasis should consult a healthcare provider for advice on prevention and treatment.

ART (antiretroviral therapy) can help prevent or treat candidiasis in people with HIV.

Candidiasis can be a complication of the HIV infection. It can occur in patients with advanced HIV disease. People with HIV who are not on ART may be at higher risk for candidiasis.

Prevention and treatment of candidiasis are important for people with HIV. Regular check-ups with a healthcare provider can help detect and treat candidiasis early.
• **Antifungals** 
  - clotrimazole
  - nystatin
  - fluconazole
  - itraconazole

*Note: Fluconazole and itraconazole are antifungal drugs.*

---

**Biotin**

- A biotin deficiency can result in hair loss, skin problems, and brittle nails.

**Omega-3 Fatty Acid (EPA) and Omega-6 Fatty Acid (GLA)**

- EPA and GLA are important for maintaining healthy cell membranes.

**Linoleic Acid (LA)**

- LA is essential for maintaining healthy skin and hair.

---

**References**

- Fact Sheets can be downloaded from the Internet at http://www.aidsinfonet.org

---

*Revised May 25, 2010*