

DOCTOR DISCUSSION GUIDE

Managing Thrush

Thrush is a type of fungal infection most commonly found in infants and children. Asking the right questions during your conversation will help you know what to expect and how to better navigate the condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Bacteria	Good and bad bacteria are found in the mouth and the gut. To prevent thrush, it is important to practice good oral hygiene which can also impact your gut health. Preventing overgrowth of bad bacteria can help to prevent thrush.
Yeast	Microscopic fungi that are capable of converting sugar into alcohol and carbon dioxide. Yeast is used as a leavening agent when baking and is a common ingredient in foods such as, breads, baked goods, cereals, beer, and fermented foods, to name a few. A diet that is high in yeast can promote thrush.
<i>Candida (C. albicans)</i>	There are over 20 species of <i>Candida</i> yeasts that can cause infection in humans, the most common of which is <i>Candida albicans</i> . <i>Candida</i> yeasts normally reside in the intestinal tract and can be found on mucous membranes and skin without causing infection. However, overgrowth of these organisms can cause symptoms to develop.
Yeast Infection	Most yeast infections are caused by the organism <i>Candida albicans</i> . Yeast infections can occur in the genital areas and the oral cavity.
Fungal Infection	An inflammatory condition caused by a fungus.
Cutaneous Candidiasis	An infection of the skin and nails caused by the <i>Candida</i> fungus.
Gut Dysbiosis	A state in which there is an imbalance of microorganisms on or within our bodies. Gut dysbiosis refers to when there is an imbalance of the microorganisms, such as bacteria and fungus in our intestines.

