

# THRUSH AND/OR MAMMARY CANDIDIASIS

## CAUSES

- Affected nipples may itch and burn. They may be normal or appear pink, red or shiny
- When the infection reaches the breast, the pain is stabbing and burning, often described as a stabbing or needling in the breast during or after feeding
- In babies, thrush can be seen as whitish deposits inside the mouth and even redness or pimples on the bottom



## Possible causes?

- Antibiotic treatment during pregnancy or childbirth
- Diabetes, hormonal contraceptives, cortisone, steroids
- Presence of chapped or cracked skin
- Wet nursing pads left on too long
- Diet high in sugars, high in dairy products, or low in vitamins and minerals

2023