



Get to Know...**Ultrasound Supervisor Debra Miller**



“There’s nothing better than to watch the faces of moms and dads seeing their little one move around in utero,” said Debbie Miller, RDMS, RVT, RT(R), Desert West Ultrasound Supervisor.

For 38 years, Debbie has performed OB/GYN ultrasounds. At Desert West, she also manages the department and oversees the quality of ultrasound scans.

“I feel blessed to be a part of helping women before, during and after pregnancy. We have an incredible group

of physicians and an amazing group of skilled, certified and experienced sonographers who work together to make it a great experience for each patient.”

A former cheerleader, Debbie and her husband love hiking, biking and spending time with their two daughters, sons-in-law and two grandchildren who call her Gigi. The couple’s greatest hike so far has been the Grand Canyon rim-to-rim in 12 hours.

“It’s a great feeling to wake up each morning knowing that patient safety is everyone’s priority,” she said, “I have the best job ever!”

What to Know About **Vaginal Infections**

And the winner of the most common self-diagnosed gynecologic concern is...yeast infection! It’s not surprising that women frequently self-diagnose vaginal yeast infections as seventy five percent of women will have at least one during their lifetimes and nearly half will have multiple. With symptoms such as vaginal pain, itching and/or irritation and a burning sensation during urination, women want to address these as soon as possible.

“Many people think they have a yeast infection and self-treat when they may actually be experiencing other conditions,” said Cindy Holsen, RN, WHNP, MSN. “The three most common issues that occur are yeast infections, trichomoniasis, and bacterial vaginosis. While these may have some similar symptoms, their causes and treatments are completely different. Knowing exactly which one you have is crucial to getting rid of the infection quickly and effectively.”

Bacterial Vaginosis - the most common cause of vaginal discharge in women during their reproductive years. It develops when the normal balance of Lactobacillus bacteria that colonize in the vagina gets thrown off by an overgrowth of other bacteria. It’s treated with antibiotics and doesn’t respond to antifungal medication. If left untreated, BV can raise your risk of contracting sexually

transmitted infections (STI) and human immunodeficiency virus (HIV) and, if you’re pregnant, it can lead to premature birth or a baby with low birth weight.

Trichomoniasis – caused by a parasite and spread through unprotected sex, it’s the most common curable STI. Treatment involves a course of specific antibiotics and once diagnosed, your sexual partner should also be tested and receive treatment if necessary. Left untreated, you’re at a higher risk of getting HIV if you’re exposed.

Yeast Infection - caused by the normal vaginal fungus called Candida multiplying due to certain conditions such as being on an antibiotic, being pregnant, using birth control, having diabetes and/or a weak immune system. Treatment can begin with an over-the-counter antifungal cream, suppository, or tablet that is inserted in the vagina. Your provider may also prescribe Diflucan (fluconazole) that is taken by mouth to treat the infection.

“If this is your first time having these symptoms,” said Cindy, “it’s important to see your provider to rule out other possibilities and get an accurate diagnosis. The treatment for a yeast infection won’t cure an STI or bacterial vaginosis.”