



## Do I have a yeast infection?

Yeast infections of the breast are characterized as painful, sharp or stabbing pains that may radiate up into the breast tissue. The pain is typically heightened during feeds and is often accompanied with intense itching and occasionally red, dry or flaky skin. The baby will often have thrush, which is helpful for a diagnosis for mom.

If you suspect you have a yeast infection, you should seek medical attention. It is important that mom and baby both be treated to end the cycle of re-exposure to one another.