

# Control the Chat

OVER  
RVVC



## How to talk to your HCP about living with RVVC

Recurrent vulvovaginal candidiasis (RVVC) symptoms can leave you feeling isolated, frustrated, and depressed. Your HCP is your partner in care, which is why it's important to tell them how your symptoms impact you both mentally and emotionally. Having an open and honest conversation with your HCP will lay the foundation for an effective treatment plan.

You may think it's embarrassing to talk about how you're impacted by RVVC with missing work, losing sleep, and lacking intimacy, but the only shame would be if you kept your thoughts to yourself. Talk about how you're feeling and what you do to manage your symptoms. Open up, be honest, and don't spare any details.

## Break the cycle, stigma, and ice by using these questions to start a conversation with your HCP:

What can trigger my episode recurrence?

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Do I need to make changes to my diet and lifestyle to help with my RVVC? What else can we do to learn more about my chronic yeast infection?

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I was already treated with fluconazole. I read safety concerns about long-term use; is a second treatment of it a concern?

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I avoid sexual intimacy. How can I talk about sex and my RVVC with my partner?

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I feel like my mood is always changing, and sometimes I feel alone. Could my RVVC be impacting my mental health?

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How do I discuss my RVVC with my family and friends?

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Are there any changes I can make to better manage my RVVC symptoms?

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What treatments do you recommend for my RVVC?

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I read that lab tests might help confirm what's going on with my RVVC. What tests do you recommend to learn more about my RVVC?

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**Bring this to your next appointment so you can easily ask your HCP about next steps.**