

OVER
||RVVC

OVER AND
OVER AND
OVER IT.
TAKE CONTROL.



What you should know
about **recurrent** vulvovaginal
candidiasis (**RVVC**)

Your strength can overcome chronic yeast infection

Change the same old story. You know the frustration of living with chronic yeast infection, also known as recurrent vulvovaginal candidiasis (RVVC). On top of everything you do every day, you also deal with the physical and emotional burden of another episode—and anxiety of it happening again may lead to mental exhaustion. You're ready to move forward and leave those feelings behind.

You should know you're not alone. You are one of approximately 6 million women in the US living with RVVC annually. These women find the repeated symptoms frustrating, isolating, and depressing.



6 MILLION
WOMEN LIVE
WITH RVVC
annually

It's time to get real about RVVC and take control of your life. You know yourself, and you won't ever back down and give up. This is your journey, and you're looking to learn how to overcome the challenges of living with RVVC.



You may have RVVC, but...
you've got this.

Understanding RVVC

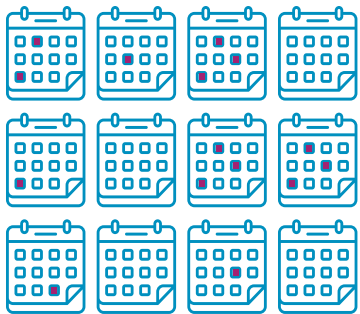
What is VVC?

- VVC is inflammation of the vulva and vaginal mucosa caused or accompanied by overgrowth of *Candida* yeast
- A **common infection** affecting women of every ethnicity worldwide, with approximately 70% of all women having at least one episode during their reproductive years

What is RVVC?

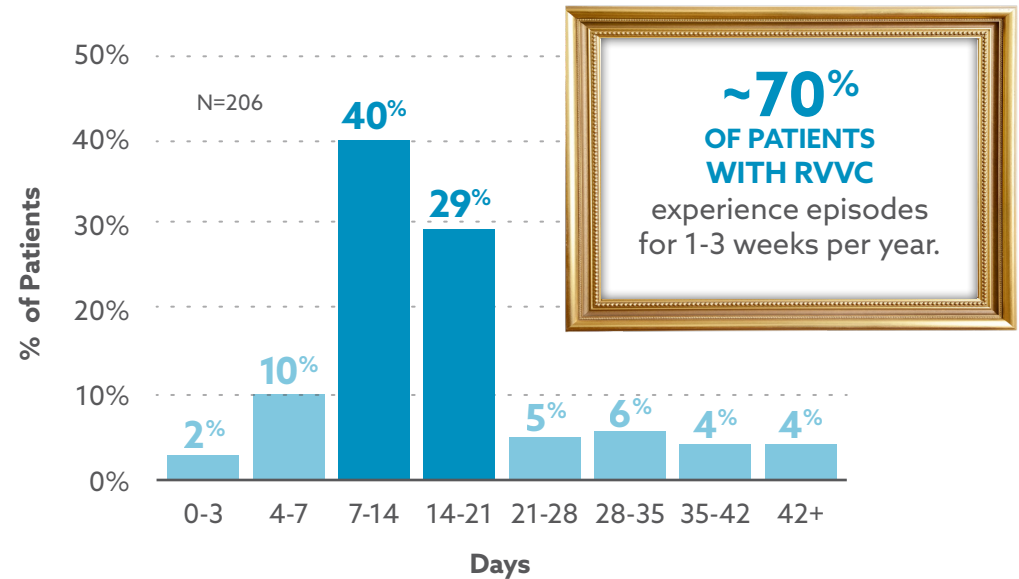
- RVVC is **recurrent** inflammation of the vulva and vaginal mucosa caused or accompanied by overgrowth of *Candida* yeast
- Can occur **multiple times** a year

Chronic yeast infection, **RVVC**, is defined as



3 OR MORE
EPISODES
WITHIN A
12-MONTH
PERIOD

Days per year with episodes



RVVC is a distinct condition from VVC and is often debilitating, **impacting women both physically and emotionally.**

Recognizing RVVC

There are several triggers for RVVC, including increased hormone levels, antibiotics, a weakened immune system, and high blood sugar levels. Additional triggers include the use of oral contraceptives or an IUD, spermicides or condoms, and cleansing products such as those used for douching.

Physical symptoms of RVVC

Vaginal itching **Vaginal irritation**
Vaginal inflammation
Abnormal vaginal discharge
Severe pain
Painful sexual intercourse
Painful urination **Vaginal burning**
Severe discomfort

LEARN ABOUT PSYCHOSOCIAL
SYMPTOMS OF RVVC



Living with RVVC

What does living with RVVC feel like? It feels like you're burnt out, and your self-esteem and mood turn negative. There's concern that your job is at risk from continually needing time off. You can't spend as much time with your friends and family as you want. Will it be another night of telling your partner, "Not tonight," or another day where you're so irritated you feel like you're walking on a tightrope? Maybe you look in the mirror, wondering if it's just you. Living with RVVC feels like you're isolated, embarrassed, and frustrated.

It's not just you. A survey found that **three-quarters of women** feel that their chronic yeast infection is distressing and impossible to ignore, impacting their ability to live a typical life.

Though the physical symptoms are upsetting, **the emotional and psychological consequences of a recurrent infection can be even more upsetting.**

Psychosocial symptoms of RVVC



Isolation



Powerlessness



Embarrassment



Sadness



Despair



Fear



Frustration



**LEARN ABOUT THE PHYSICAL
SYMPTOMS OF RVVC**

Personal experiences with RVVC

In several surveys, nearly half of women experienced depression, panic attacks, or anxiety attacks, and more than half reported depression and anxiety even when they had no RVVC symptoms.

*"You feel alone since no one really knows how to treat it."**

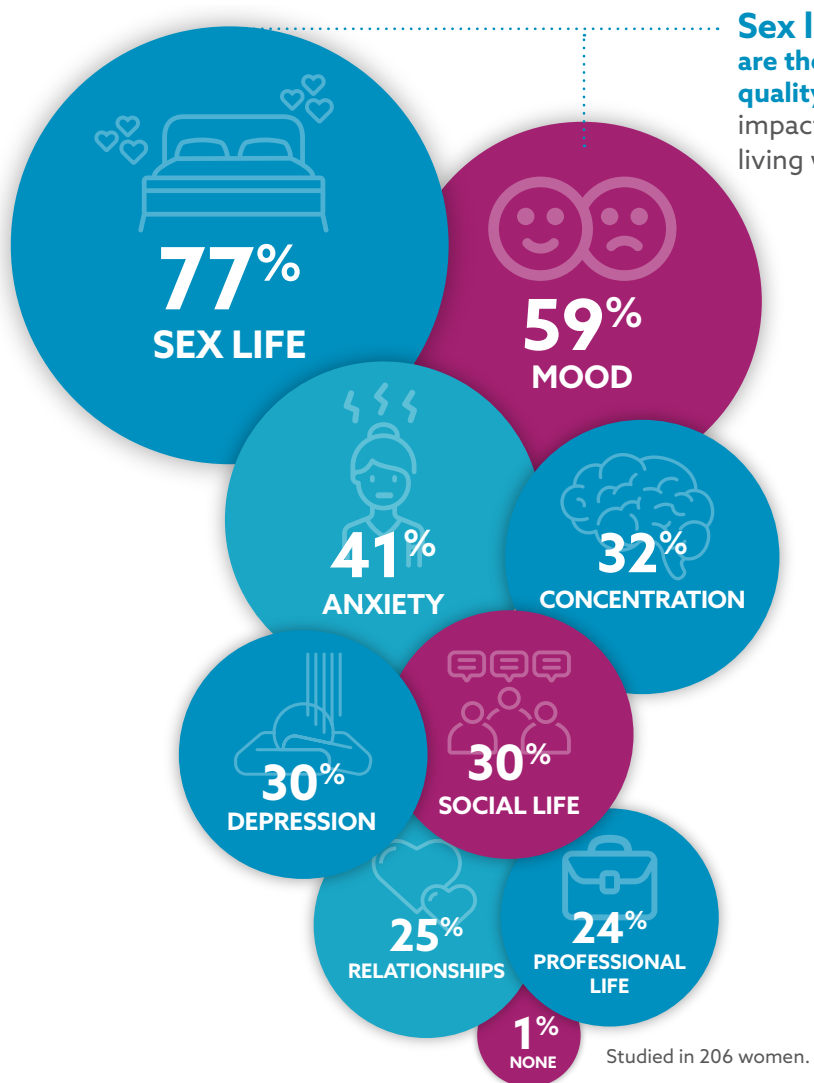
*"I'm tired and just want it to be over."**

*"At the slightest indication of itching or discomfort, my anxiety surges."**

*Quotes taken from market research of patients living with RVVC.

The impacts of RVVC

Aspects of life impacted by RVVC

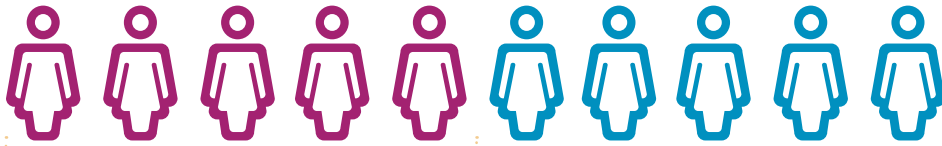


Women living with RVVC recognize changes in their quality of life, with more than 40% of patients experiencing impacts on their sex life, mood, and anxiety. Physical and psychological well-being is decreased, expensive medical bills lead to additional stress, and self-esteem and mental health concerns are common.

96% of women adapted their lifestyle to RVVC. **It's time to make your life yours again.**

Treating RVVC

RVVC is a distinct condition for which the previous standards of treatment need to be reconsidered. Because there are no approved treatments for RVVC, HCPs may prescribe treatments for vulvovaginal candidiasis (VVC, also known as yeast infections). The most common treatment is fluconazole, an antifungal treatment that may be prescribed for 95% of cases.



OVER HALF OF WOMEN

WITH RVVC TREATED WITH FLUCONAZOLE
EXPERIENCE A RECURRENCE OF INFECTION
ONCE TREATMENT IS STOPPED.

Fluconazole is not effective for long periods of time and can lead to unwanted side effects. Common side effects of fluconazole are nausea, stomach pain, diarrhea, upset stomach, headache, and dizziness. With long-term use, it can also damage the health of your heart, liver, and skin. If you have questions or concerns about fluconazole treatment, talk with your HCP.

FIND QUESTIONS TO ASK
YOUR HCP ABOUT RVVC



It's crucial to find the right support when living with RVVC. Talking with your HCP is a great start, as the majority of women with RVVC are satisfied with the care provided by their HCPs.

Remember, you're the
**best champion for your
own health.**

Communicating with your HCP

Your healthcare provider (HCP) is an excellent resource on how to deal day to day with RVVC and may offer short-term solutions, help you track current and previous treatments, and suggest tips that may provide relief.

Women with RVVC may be misdiagnosed, leading to incorrect antibiotic treatments that might make an episode worse, intensifying the impact. Signs and symptoms are not enough for a proper diagnosis because they might overlap with other illnesses. ***Talking to your HCP about a lab test can help avoid misdiagnosis.***

LEARN MORE ABOUT
WORKING WITH YOUR HCP



*"No matter what you do, you cannot get comfortable."**

*"It limits my exercise and activities, even some items of clothing."**

*Quotes taken from market research of patients living with RVVC.

Working with your HCP

RVVC symptoms have a lot in common with those of other vaginal conditions, so the first step to finding relief should be visiting your HCP to get a proper diagnosis. Your provider is your partner in care but may be unable to provide the best care without understanding how RVVC truly impacts you. Having an open and honest conversation with your HCP will lay the foundation for an effective treatment plan.

Once you're working together, your HCP will also have the opportunity to dispel myths around ineffective treatment trends, such as steaming, bath bombs, drastic dieting, pH soaps, wipes, douching, and more. These home remedies may worsen the condition.



Your HCP is standing by to help.

Remember, your HCP is an excellent resource for dealing with RVVC day to day. Talk about how you're feeling and what you do to manage your RVVC.

Use any of these questions to start the conversation

Do I need to make changes to my diet and lifestyle to help with my RVVC?

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What else can we do to learn more about my chronic yeast infection?

.....

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

.....

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

.....

What can trigger my episode recurrence?

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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?



You are not alone

The physical and emotional struggles of living with RVVC are something nobody has to face alone. Help is there alongside you on your journey. Mycovia Pharmaceuticals is dedicated to recognizing and empowering patients living with unmet medical needs, such as RVVC.

You're the best champion for your health. You can start to take control by learning about current and future treatment options. Another step forward is to have, or continue to have, open conversations with your HCP. Face RVVC together!

You've got this.

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OVER
RVVC

Visit **OverRVVC.com**
to learn more about
overcoming RVVC.

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