

Thongs

Thongs are still the underwear of choice for those of us eager to avoid the dreaded visible panty line (VPL). But G-strings can lead to the unpleasant and painfully itchy fungal infection, vaginal thrush. Without the protection provided by proper knickers, the genitals are exposed and can become irritated by the fibres in jeans and trousers.

Verdict 'Thongs are tight and do not allow the air to circulate, creating the warm, moist environment in which thrush thrives,' says Pauline Beddoes, senior nurse adviser at Marie Stopes International. 'Lots of women have a predisposition to thrush. As well as avoiding perfumed soaps, Lycra and tight jeans, you should also wear cotton underwear, which allows air to circulate.'

'Thongs are tight and do not allow the air to circulate'

'Thongs gave me thrush'



Gemma Sykes, 31, from Colchester, Essex, suffered repeated bouts of thrush from wearing thongs.

When her GP diagnosed thrush, Gemma lost count of the number of treatments she tried out.

Gemma says: 'It would clear up with treatment, but now I realise it came back again and again because I was still wearing thongs. It was a couple of years before I realised I needed to ditch thongs and start wearing cotton knickers.'

As Gemma's vaginal area had become so sensitive and inflamed, she also started using Natracare tampons and sanitary towels, which are made from cotton and are chemical-free.

'I've been using them for a year now and never wear thongs any more,' says Gemma. 'And, thankfully, I have no more problems with thrush.'