5 THINGS TO KNOW ABOUT THE VAGINAL MICROBIOTA

1. The vaginal microbiota protects against infections and contributes to a healthy vaginal environment

- shields against microbes
- helps the secretion of mucus
- protects the integrity of the mucosa
- maintains a protective acidic pH
- stimulates the immune system
- produces antimicrobial substances

2. The vaginal microbiota is balanced when its microbial diversity is low

- the dominant lactobacilli
  - Lactobacillus crispatus
  - Lactobacillus gasseri
  - Lactobacillus iners
  - Lactobacillus jensenii

- other microorganisms present
  - Prevotella
  - Atopobium
  - Gardnerella
  - Candida albicans

3. The vaginal microbiota changes according to hormonal status

- prepubescent girl: polymicrobial flora
- adult woman: flora dominated by lactobacilli
- menopausal woman: polymicrobial flora

- during periods: the particular case of pregnancy

4. Good hygiene habits preserve the balance of the vaginal microbiota

- good habits
  - 1-2 times a day: soap-free cleaner

- bad habits
  - 2 times a day: soap and deodorant

5. An unbalanced vaginal microbiota (dysbiosis) may be associated with numerous diseases

- risk factors
  - lifestyle
  - immune system

- potential symptoms
  - unusual discharge
  - unusual odor
  - itching
  - vulvar pain

- consequences of dysbiosis
  - bacterial vaginosis
  - candidiasis
  - reduced fertility
  - premature delivery

1. Candida albicans

The vaginal microbiota changes according to hormonal status.

3. An unbalanced vaginal microbiota (dysbiosis) may be associated with numerous diseases.

5. The particular case of pregnancy

- physiological changes: adaptation of the body to the fetus and vice versa

For more information on the microbiota go to www.biocodexmicrobiotainstitute.com

References on the site

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