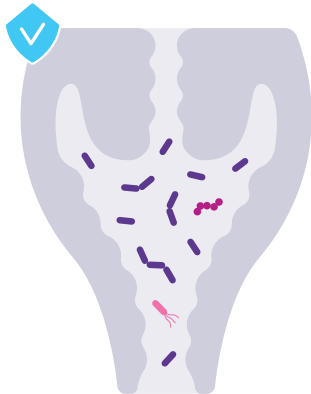


5 THINGS TO KNOW ABOUT THE VAGINAL MICROBIOTA



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

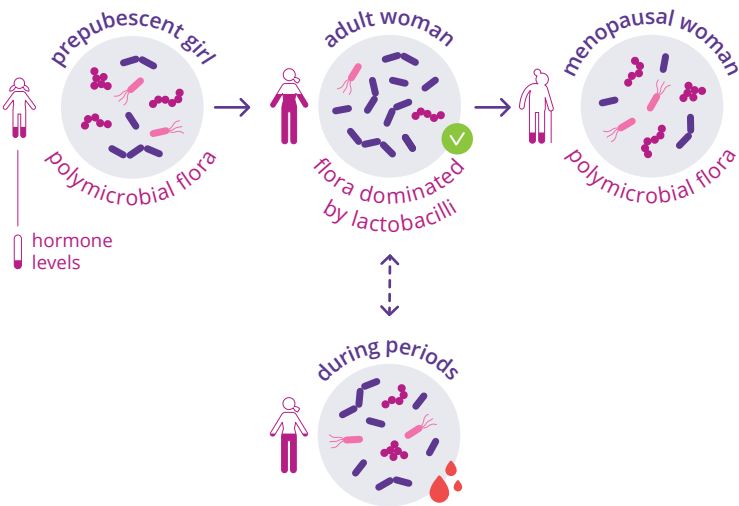
the dominant lactobacilli



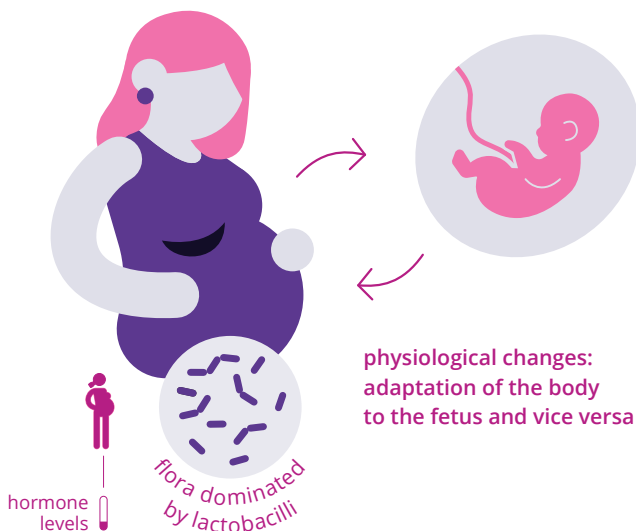
other microorganisms present



3 The vaginal microbiota changes according to hormonal status



the particular case of pregnancy

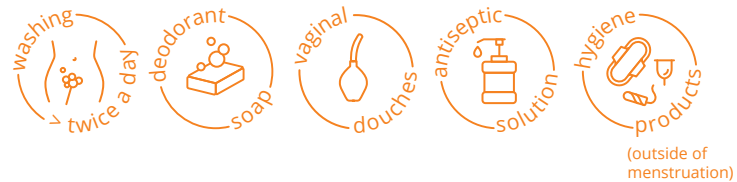


4 Good hygiene habits preserve the balance of the vaginal microbiota

good habits



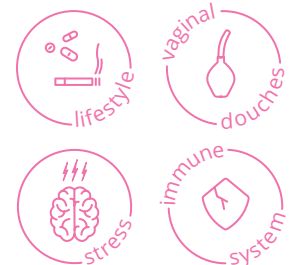
bad habits



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



risk factors



potential symptoms

- unusual discharge
- unusual odor
- itching
- vulvar pain

Dysbiosis can also be asymptomatic

consequences of dysbiosis

