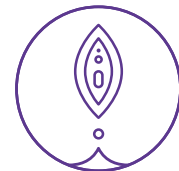




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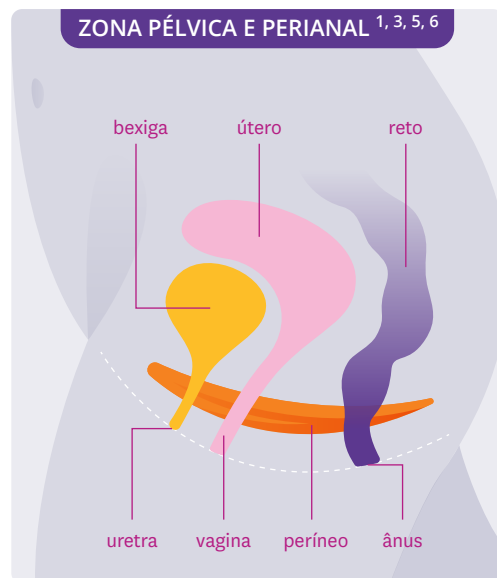
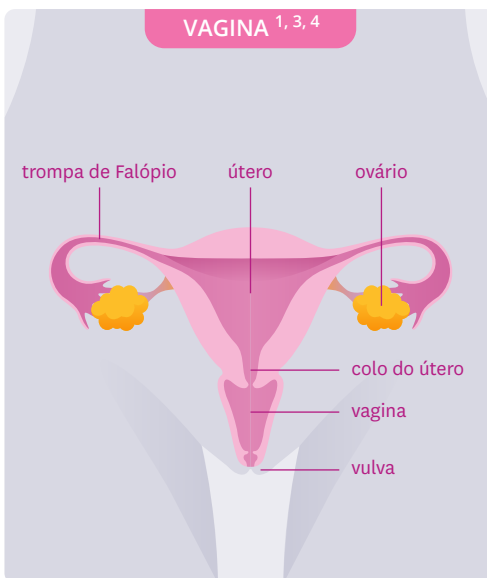
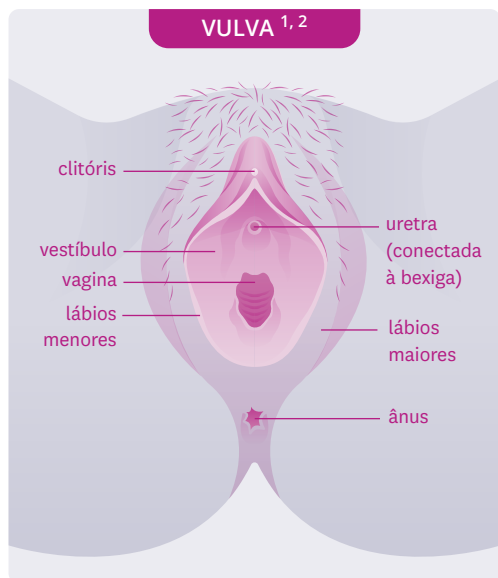
MICROBIOTA ÍNTIMA

AS PEÇAS EM FALTA NA SAÚDE DA MULHER



Quais são e como protegê-las?

FALEMOS DE ANATOMIA!



5 COISAS QUE SE DEVE SABER 1, 2, 3

- a vulva **NÃO É** a vagina
- a vulva, a vagina, a bexiga e a zona perianal hospedam uma **microbiota** (flora) **específica**
- a microbiota **vulvar** é um **cruzamento microbiano** de microrganismos de origem **cutânea, vaginal e intestinal**
- a microbiota **íntima** desempenha um **papel essencial na saúde da mulher**
- os **lactobacilos**, colonizadores benéficos do **trato genital feminino**, protegem contra os **micróbios patogênicos**



O DESEQUILÍBRIO DA MICROBIOTA PODE ESTAR ASSOCIADO A CERTAS DOENÇAS...

doenças vulvares 1, 2, 7, 8

candidíase, líquen escleroso vulvar, vulvodinia...



doenças vaginais 1, 3, 4

candidíase, vaginose bacteriana, HPV, infecções sexualmente transmissíveis...



doenças do trato urinário 1, 6, 9

infecções do trato urinário, incontinência...

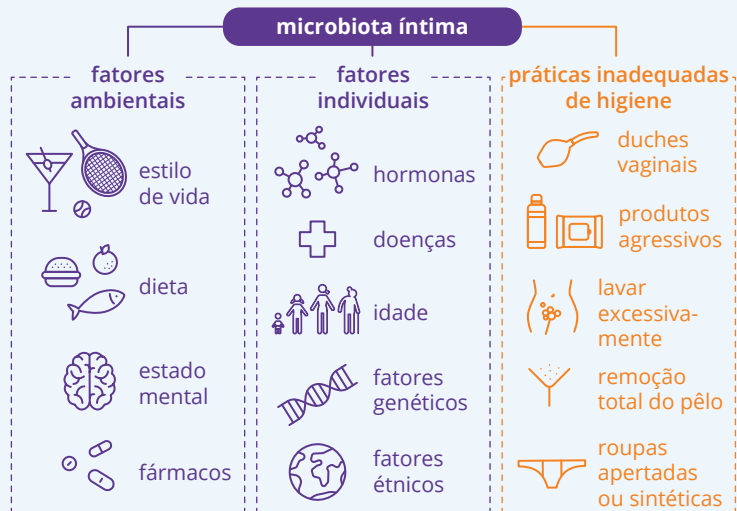


doenças perianais 1, 10, 11

infecção perianal, dermatose...



PRINCIPAIS FATORES QUE INFLUENCIAM A MICROBIOTA 1, 2, 4, 12-17



BONS HÁBITOS PARA MANTER O EQUILÍBRIO DA MICROBIOTA 1, 13, 17, 19, 20



A vagina limpa-se naturalmente a si própria.

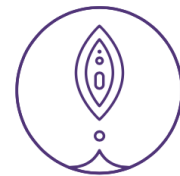




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MICROBIOTA ÍNTIMA

AS PEÇAS EM FALTA NA SAÚDE DA MULHER



Quais são e como protegê-las?

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