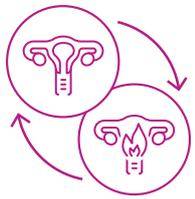




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WHAT IS BACTERIAL VAGINOSIS?

and how is it related to my microbiota?



When vaginal microbiota is disrupted, infection risk rises. **Bacterial vaginosis (BV)** and **Vulvovaginal candidiasis (VVC)** are the most prevalent vaginal infection, and associated with vaginal microbiota shift.^{1,2,3}

Bacterial vaginosis^{1,2,4,5}

- Gardnerella, Atopobium...*
- Fishy odor
- Little/no itching, burning
- Thin, grey/white vaginal discharge

Vulvovaginal candidiasis^{1,2,6}

- Candida*
- No odor
- Itching, burning
- White "cottage-cheese" vaginal discharge

BACTERIAL VAGINOSIS: WHAT ARE THE NUMBERS?^{3,5,7}



Worldwide prevalence
1 in 4 women

>50%

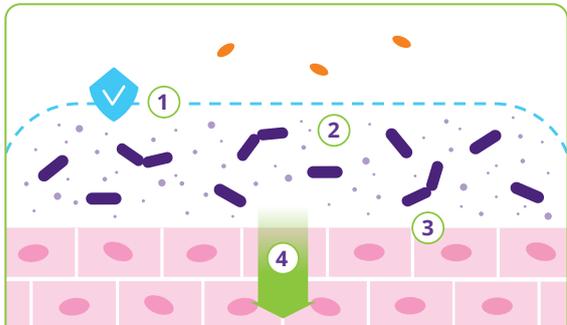
of women experience recurrence within 3-6 months

Approximately 50% of women are asymptomatic

BACTERIAL VAGINOSIS: WHAT ARE THE RISKS FACTORS?^{3,4}



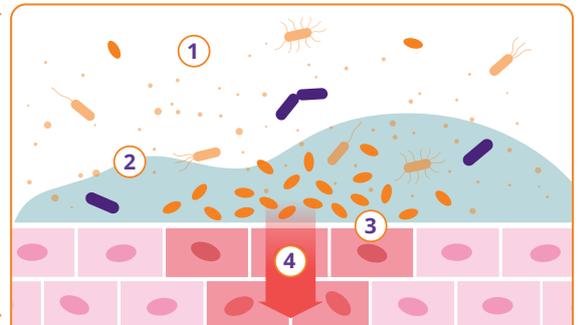
OPTIMAL VAGINAL MICROBIOTA^{3,4,8,9,10} (healthy state)



low diversity with *Lactobacillus* dominance pH < 4.5 lactic acid

- 1 shields against microbes
- 2 protective acidic environment
- 3 mucosal integrity
- 4 immune balance

VAGINAL MICROBIOTA IN BACTERIAL VAGINOSIS^{3,5,8,9,10,11} (vaginal dysbiosis)



high diversity with BV related bacteria pH > 4.5

- 1 higher pH
- 2 sticky biofilm
- 3 weakened mucosal barrier
- 4 inflammation

BACTERIAL VAGINOSIS: WHAT ARE THE CONSEQUENCES?^{3,4,11}

adverse birth outcomes

STIs (HIV, chlamydia, herpes...)

cervical cancer with HPV co-infection

infertility

postoperative gynecological infection

pelvic inflammatory disease

HOW TO RELIEVE SYMPTOMS?^{1,3,4,9,10,12,13}

specific medication
antibiotics, lactic acids gel

prebiotics, probiotics

Vulvar hygiene during infection:
external wash with gentle soap-free cleanser.^{14,15,16}

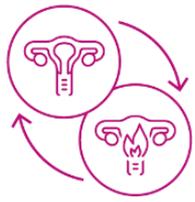
Do not hesitate to ask your practitioner about your situation.



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WHAT IS BACTERIAL VAGINOSIS?

and how is it related to my microbiota?



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