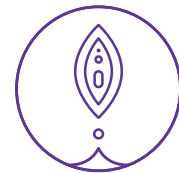




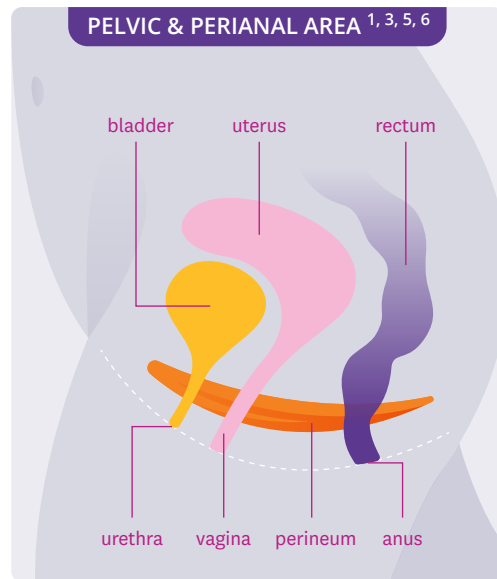
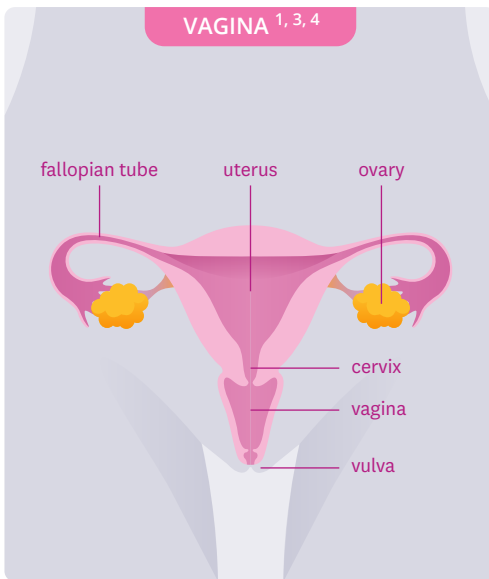
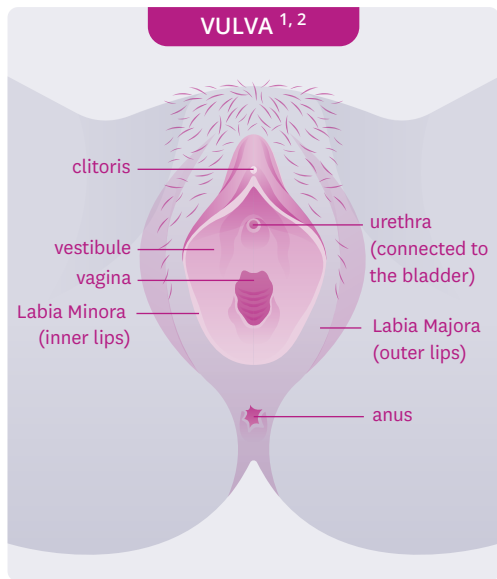
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# WOMEN'S MICROBIOTA: THE MISSING PIECE IN INTIMATE HEALTH



What are they and how to protect them?

## LET'S TALK ABOUT ANATOMY!



### 5 THINGS TO KNOW

- vulva is **NOT** vagina
- vulva, vagina, bladder and perianal area harbor a **specific microbiota** (flora)
- vulvar microbiota is a **microbial crossroad** with microorganisms of **skin, vaginal** and **gut** origin
- women's microbiota plays a crucial **role in their health**
- **lactobacilli**, beneficial colonizers of the **female genital tract**, protects **against pathogenic microbes**



### IMBALANCE OF MICROBIOTA MAY BE ASSOCIATED WITH CERTAIN DISEASES...

**vulvar diseases** 1, 2, 7, 8  
candidiasis, vulvar lichen sclerosus, vulvodynia...



**vaginal diseases** 1, 3, 4  
candidiasis, bacterial vaginosis, HPV, sexually transmitted infection...



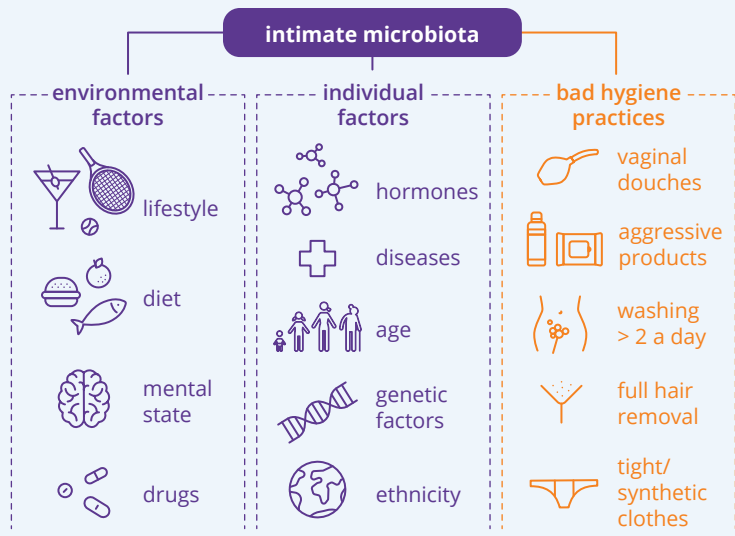
**urinary tract diseases** 1, 6, 9  
urinary tract infections, incontinence...



**perianal diseases** 1, 10, 11  
perianal infection, dermatosis...



### MAIN FACTORS INFLUENCING MICROBIOTA



### GOOD HABITS TO MAINTAIN A BALANCED MICROBIOTA

The vagina is self-cleaning





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What are they and how to protect them?

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