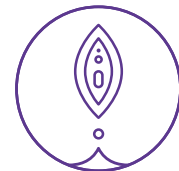


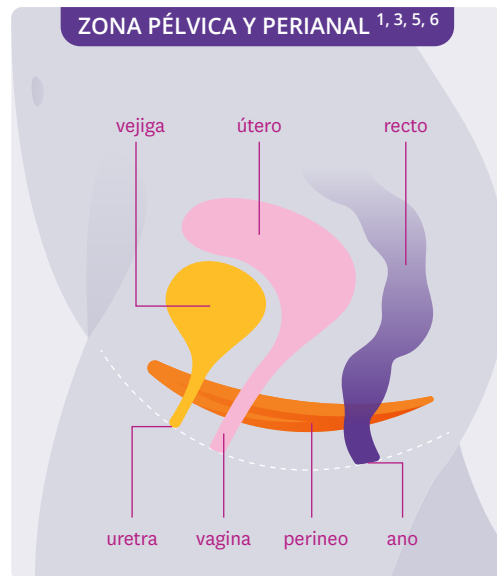
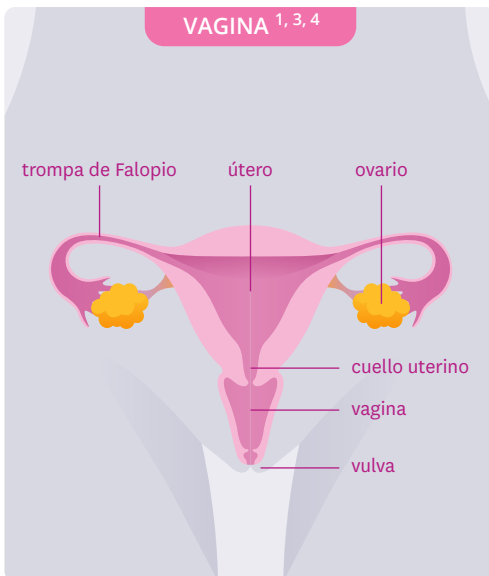
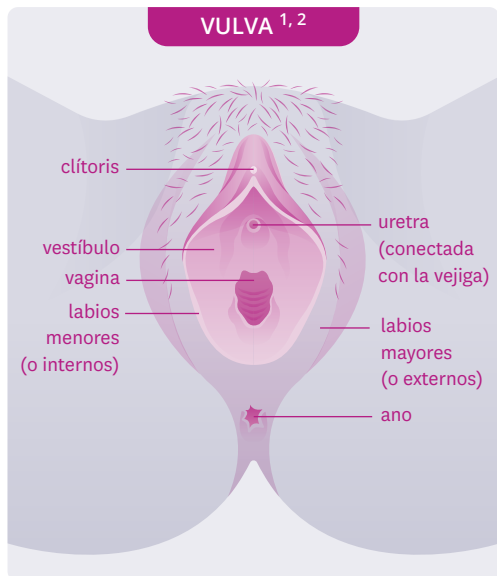
MICROBIOTA ÍNTIMA: LAS PIEZAS QUE FALTAN EN LA SALUD FEMENINA



descargar

¿Cuáles son y cómo podemos protegerlas?

¡HABLEMOS DE ANATOMÍA!



5 COSAS QUE DEBEMOS SABER ^{1, 2, 3}

- La vulva **NO** es la vagina.
- La vulva, la vagina, la vejiga y la zona perianal albergan una **microbiota determinada** (microflora).
- La microbiota **vulvar** es una **intersección microbiana** con microorganismos de origen **cutáneo, vaginal e intestinal**.
- La **microbiota íntima** desempeña un **papel crucial en la salud**.
- Los **lactobacilos**, colonizadores beneficiosos del **aparato genital femenino**, protegen **contra los microorganismos patógenos**.



EL DESEQUILIBRIO DE LA MICROBIOTA PODRÍA ESTAR ASOCIADO A CIERTAS ENFERMEDADES...

Enfermedades vulvares ^{1, 2, 7, 8}

candidiasis, liquen vulvar escleroso, vulvodinia...



Enfermedades vaginales ^{1, 3, 4}

candidiasis, vaginosis bacteriana, infección por el VPH, infección de transmisión sexual...



Enfermedades del aparato urinario ^{1, 6, 9}

infecciones del aparato urinario, incontinencia...

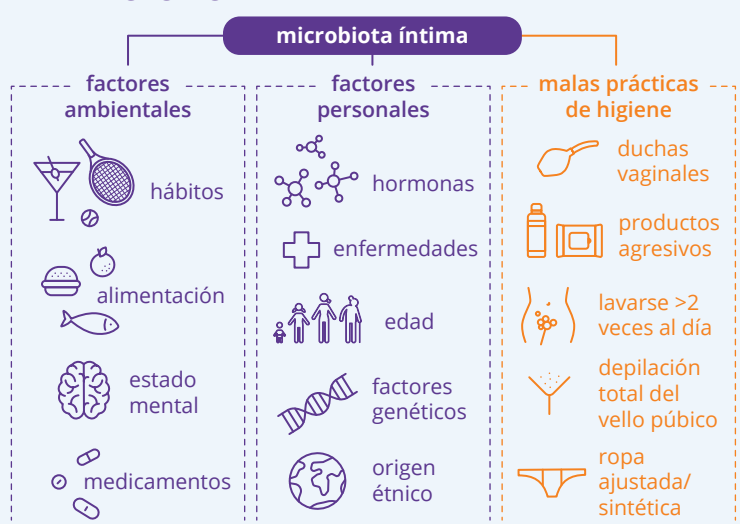


Enfermedades perianales ^{1, 10, 11}

infección perianal, dermatosis...



FACTORES PRINCIPALES QUE AFECTAN A LA MICROBIOTA ^{1, 2, 4, 12-17}



BUENOS HÁBITOS PARA MANTENER UNA MICROBIOTA EQUILIBRADA ^{1, 13, 17, 19, 20}

La vagina se limpia sola





descargar

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¿Cuáles son y cómo podemos protegerlas?

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