

Your Treatment Plan: Follow-up Consultation

For: Suzie Short

Date: 25/01/24

Summary of key issues discussed in consult

1. REVIEW OF CURRENT SUPPLEMENT PRESCRIPTIONS & RECOMMENDATIONS

Great compliance, with positive results. Continue as prescribed as of Treatment Plan 7/11/23.

2. VAGINAL MICROBIOME PROFILE Results:

- High Ureaplasma parvum

Ureaplasma is common genitourinary finding; 70% of the population have had or have Urea species at some point or another.

The key with Ureaplasma is in recognising that it's capable of causing symptoms at a seemingly low level and it generally can be part of a bigger dysbiosis, or driving an inability to restore and rebalance that dysbiosis.

Can be low-level bystanders, not causing much of an issue and being part of a balanced microbiome. But when it shows as high/slightly high it can cause symptoms of vaginal irritation through to thick, white discharge (similar to thrush presentation), to urinary and urethral irritation, and infection.

It's quite possible for Ureaplasma to be moved on 'holistically' by simple interventions that include addressing the general microbiome and Lactobacillus balance, and local treatments.

It's considered a 'sexually shared microbe', not classified as an STI. Therefore, important to test and treat partner. Test both urine and semen, just as a standard PCR (doesn't have to be 'full microbiome').

- High Candida albicans

Both a commensal member, and an opportunistic pathogen of vaginal microbiome. More likely to increase when there is disruption in the optimal Lactobacillus dominance.

- Low Total Lactobacillus

When the vaginal microbiota is dominated by the presence of various Lactobacillus species, it creates a healthy and stable environment, inhibiting the adhesion and proliferation of opportunists pathogens (eg. Candida and Ureaplasma).

Prescription

This focuses on microbiome restoration ie. promote Lactobacillus species, reduce/eliminate Ureaplasma and reduce Candida. It's essential partner treatment is also arranged and barrier method (condoms) used whilst treatment is underway.

These products* are to be purchased from [Ariya Health](#), another online dispensary service I use. You should have received an email from Ariya to create your account so you can view your prescription. The other products have been prescribed through [Vital.ly](#). Please log in to view.

Product	Why I've prescribed it	Dosage instructions
*Custom Pessary Formula	These pessaries contain the therapeutics of herbs (Baical Skullcap, Barberry & Calendula) plus lactulose, a 'food' for Lactobacillus.	Use for 7 days only per month, in the last week of your menstrual cycle (i.e. begin 1 week before period is due). Insert 1 pessary into vagina at night - see notes below.
Femex Forte	Vaginal health specific probiotic	Insert 1 capsule vaginally in the morning after pessary use. Alternate this process with Biome Her capsules. Take 1 capsule (orally) every other day. See notes below. Keep in fridge.
Biome Her	Vaginal health specific probiotic	Insert 1 capsule vaginally in the morning after pessary use. Alternate this process with Femex Forte capsules. Take 1 capsule (orally) every other day. See notes below.
*PLUMP oil [Sea buckthorn (SBT) + Vit D3]	The unique fatty acid combination in SBT is therapeutic for the vaginal/ vulval mucosa. A high strength 3gm (1ml) daily oral dose of SBT oil used over 3 months was found to improve the integrity of the vaginal epithelium and regulate/ maintain vaginal pH.	Oral use: Take 1ml of the SBT/D3 liquid daily. Can be taken direct into the mouth, mixed in food after cooking or stirred into a cold drink. Topical use: Apply a small amount (0.25-0.5ml) to fingertips and gently rub into affected tissues. Use as required when symptomatic with irritation, or 1 x daily as 'maintenance/prevention'. May need a panty liner as any residual oil may stain underwear (orange).

Pessary notes:

Each pessary contains 1-2ml only, so although not a large volume I still suggest using a panty liner to catch any leakage overnight or small gushes in the morning. They should dissolve completely as the base is cocoa butter. The prescription will cover 4 cycles/months worth of treatment.

Intravaginal probiotics:

These usually degrade down within 12-24 hours. Some women notice some capsule remnants, whilst others not. It often depends on the environment. You may see a small powdery discharge which is normal.

If any part of the capsule remains in the vagina, they may do so for >3-4 days and this is totally OK. In fact, it may offer more benefit in delivering the probiotics locally. Plus, your period will follow which will also help flush any capsule remnants out.

Probiotic use:

On the day you use Femex Forte vaginally, take the Biome Her orally. And vice versa.

For the rest of the month when not using the pessary, simply alternate the daily oral dose between the 2 probiotics. Please note, the Femex requires refrigeration but the Biome Her probiotic does not.

Plump oil:

I have prescribed this for use both orally and topically. You can use topically when experiencing irritation and/or as maintenance/prevention.

Next time

If all is going well with you and your previous Treatment Plan/prescriptions, let's check in again after you've completed 4 cycles/months of this microbiome restoration.

Please also monitor/track your symptoms/flare ups throughout this time. We'll also look to do a repeat Vaginal Microbiome Profile.

In the meantime, if you have any questions about your previous/current Treatment Plan or your products, please get in touch anytime.