



3812554

## Vaginal Microbiome Profile

Vaginal pH.

3.5

3.5 - 4.5



Opportunistic Bacteria	Result	Range	Units	
Enterococcus faecalis:	<DL	< 1.0	x10 <sup>5</sup> CFU/ml	
Escherichia coli:	<DL	< 1.00	x10 <sup>5</sup> CFU/g	
Klebsiella pneumoniae:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Proteus mirabilis:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Pseudomonas aeruginosa:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Streptococcus agalactiae:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Staphylococcus aureus:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Gardnerella vaginalis:	2.08 *H	< 1.00	x10 <sup>5</sup> CFU/ml	
Atopobium vaginae:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Prevotella species:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Megasphaera species:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Ureaplasma species	<DL	< 1.00	x10 <sup>6</sup> CFU/ml	
Mycoplasma species	<DL	< 1.00	x10 <sup>6</sup> CFU/ml	

### Sexually Transmitted Infections

Trichomonas vaginalis:	Not Detected
Chlamydia trachomatis:	Not Detected
Neisseria gonorrhoeae:	Not Detected
Herpes Simplex Virus-1:	Not Detected
Herpes Simplex Virus-2:	Not Detected

#### COMMENT:

Not Detected results indicate the absence of detectable DNA in this sample. A negative result does not completely exclude infection.

### Opportunistic Fungal pathogens

Candida albicans:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Candida glabrata:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Candida krusei:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	
Candida parapsilosis:	1.10 *H	< 1.00	x10 <sup>5</sup> CFU/ml	
Candida tropicalis:	<DL	< 1.00	x10 <sup>5</sup> CFU/ml	

### Beneficial Bacteria:

Total Lactobacillus:	0.87 *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus crispatus:	0.58 *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus gasseri:	<DL *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus iners:	<DL *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus jensenii:	0.29 *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus rhamnosus:	<DL *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus salivarius:	<DL *L	> 1.00	x10 <sup>6</sup> CFU/ml	
Lactobacillus vaginalis:	<DL *L	> 1.00	x10 <sup>6</sup> CFU/ml	

### Bacterial Vaginosis:

Bacterial vaginosis	Negative
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## Vaginal Microbiome Comments

### VAGINAL pH NORMAL:

The typical vaginal pH is 3.5-4.5. Prepubertal and postmenopausal pH levels are normally >5 pH. With the increase of the oestrogen levels around puberty, the genital mucosa thickens and becomes colonized with Lactobacillus species which produce lactic acid and hydrogen peroxide to lower the pH below 4.5.

### GARDNERELLA VAGINALIS ELEVATED:

Gardnerella is a part of normal vaginal anaerobic flora but overgrowth can cause Bacterial vaginosis. This is a poly-microbial infection which suppresses dominance of normal vaginal lactobacillus spp. (Total lactobacillus <10<sup>6</sup> CFU/ml), presence of clue cells, alkaline vaginal pH (>4.5) and fishy vaginal discharge. BV may be asymptomatic or cause symptoms such as itching and malodorous discharge (often thin and white/grey). It is associated with an increased risk of preterm delivery, pelvic inflammatory disease and an increased risk of acquisition of sexually transmitted infections.

Can be treated after ruling out allergy/pregnancy status:

Metronidazole 400 mg orally, 12-hourly for 7 days or Metronidazole 0.75% vaginal gel 1 applicatorful intravaginally at bedtime for 5 nights

OR

Clindamycin 2% vaginal cream 1 applicatorful intravaginally, at bedtime for 7 nights ( If pregnant or allergic to metronidazole)

General advice for along with above treatment as follows:

- o Regular salt or warm water only washes (no douching)
- o Good Personal Hygiene
- o Avoid irritants (soaps/perfumes)
- o Use barrier protection during sex

### LACTOBACILLUS:

Lactobacillus is the predominant genus in a healthy vaginal microbiota, and functions to inhibit the adhesion and proliferation of opportunistic and primary pathogens.

The presence of different Lactobacillus species is a major factor in the stability of the vaginal microbiome. Women with L. iners-dominant microbiomes are more likely to harbor Candida than women with L. crispatus-dominant microbiomes (due to higher production of lactic acid by L. crispatus compared to L. iners), leading to better anti-Candida activity (impeding Candida colonization) than L. iners through a greater production of lactic acid. Furthermore, L. iners dominance has been associated with other negative health outcomes such as increased risks of Chlamydia trachomatis infection, incident Bacterial Vaginosis and defects in vaginal mucus that compromise antiviral barrier function.

### TOTAL LACTOBACILLUS LEVELS LOW:

Total Lactobacillus quantification should be >1x10<sup>6</sup> CFU/ml in a healthy Vaginal Microbiome. Production of H<sub>2</sub>O<sub>2</sub> by Lactobacillus species is essential in inhibiting the overgrowth of pathogens. In cases where total Lactobacillus levels are low, presence of pathogenic bacteria should be reviewed and probiotic therapy should be considered. Microorganisms not belonging to the Lactobacillus genus with the population equal to or greater than 1 × 10<sup>5</sup> CFU/ml is considered to be disturbing the vaginal ecosystem equilibrium.

References:

- Pacha-Herrera et. al., 2020, Frontiers in Cellular and Infection Microbiology, 10:303.  
Oerlemans et. al., 2020, Europe PMC, 10(11).  
Tomusiak et. al., 2013, Polish Society of Gynaecologists, 84:352-358.



**Sex. Transmitted Infection Comments**

TRICHOMONAS VAGINALIS – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

CHLAMYDIA TRACHOMATIS – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

NEISSERIA GONORRHOEAE – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

HERPES SIMPLEX VIRUS Type 1 – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

HERPES SIMPLEX VIRUS Type 2 – Not Detected:

This does not completely exclude the possibility of infection as is dependent on an adequate specimen collection. If you have symptoms, please consult with your healthcare practitioner.

**Vaginal Candidiasis Comment:**

VAGINAL CANDIDIASIS (VC):

Candida sp. are both opportunistic fungal pathogens and commensal members of the vaginal microbiome.

VC is defined by disruption in Lactobacillus dominance (Total Lactobacillus  $<10^6$  CFU/ml) and high levels of Candida sp. ( $>10^5$  CFU/ml).

VC is predominantly caused by Candida albicans, with other species (C. glabrata, C. krusei, C. tropicalis, C. parapsilosis) also causative, although with milder symptoms.

VC is not associated with elevated vaginal pH levels. It is rare for fungal infections to be present combined with bacterial vaginosis.

VC symptoms include itching, discharge (typically white), burning sensation, dysuria (painful urination), dyspareunia (pain during sexual intercourse) and reddening of vaginal tissue due to invasion of the epithelium by Candida species. Asymptomatic vaginal candidiasis is also relatively common and does not require treatment. Risk factors include antibiotic use, poorly controlled diabetes mellitus, low immunity and oestrogen therapies.