

Questions

Q: What is the vaginal microbiome?

A: It is an ecosystem of bacteria, yeast, viruses, fungi and other microorganisms that colonise the vagina, which together are called the vaginal microbiome.

Q: Is every vaginal microbiome the same?

A: NO. Everyone has a different ecosystem. Depending on the relative amounts (%) of different types of bacteria present, this influences how protective or unstable your microbiome is.

Q: What does the vaginal microbiome do?

A: 'Good' bacteria in the microbiome primarily produce lactic acid – making the vaginal environment more acidic. This stops pathogens invading and reduces inflammation. 'Good' bacteria also take up space on the vaginal wall to prevent pathogens growing there. This influences risk of infections like UTI's, STDs, BV, HPV and thrush.



Take back control of your health.



FREE 1:1 expert consultation



Test 100% bacteria & yeasts



Personalised plan & care



“Vaginal health is the key to a woman's health at every life stage”

Dr Golnoush Golshirazi- Cambridge graduate, CEO & Co-founder at ScreenMe



84% of women with a vaginal microbiome imbalance are **asymptomatic** (showing no symptoms)



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SCAN ME



Why your Vaginal Microbiome is important



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Why is the vaginal microbiome important?

INFECTIONS

- Good vaginal health reduces the risk of STDs, BV, HPV, PID & UTIs. High levels of Lactobacillus protects against infections & regulates the immune system.

CANCER

- Poor vaginal health leads to a lower rate of viral & bacterial clearance, chronic inflammation and infection which increases your cancer risk.

PELVIC FLOOR HEALTH

- Chronic inflammation & irritation negatively impact your pelvic floor muscles.

FERTILITY

- Up to 30% of women struggling with fertility have links to pathogenic bacteria and imbalance in their vaginal microbiome.
- A 2019 study found women who'd experienced at least 3 miscarriages for previously unknown reason had imbalanced vaginal flora. .

Why is the vaginal microbiome important? (cont)

VAGINAL SYMPTOMS

- Vaginal imbalance is the most common root cause of vaginal symptoms, infections, pain during sex and vaginal dryness.

VAGINITIS

- AV (aerobic vaginitis) and DIV (desquamative inflammatory vaginitis) are forms of vaginal microbiome dysbiosis, often featuring a lower % of 'good' bacteria & the presence of 'bad' bacteria.
- These involve highly uncomfortable symptoms such as inflammation & burning.

HPV & SEXUAL HEALTH

- An imbalanced microbiome is at greater risk of NOT clearing HPV infections, as well as other infections.
- Particular vaginal microbiomes can either play a protective or pathogenic role post-HPV infection, with this influencing whether the infection transitions to cancer.

IVF

- Scientific research has highlighted the connection between vaginal Lactobacillus levels and IVF transfer success rates.

screenme
Kits:



Ideal if you want to...

1. **Protect against** infections including BV, chronic UTIs, STDs, PID & thrush.
2. **Overcome** uncomfortable symptoms such as vaginal dryness, itchiness, & pain during sex.
3. **Reduce cancer** risk and protect your long-term health.
4. **Protect** pelvic floor muscles through reduced inflammation & infections.
5. **Protect against** HPV & other sexually transmitted infections.
6. **Improve fertility** chances and successful conception, inc. reducing miscarriage risk

How it works:



Learn more:

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