

# VAGINAL MICROBIOME



# Definition:

The vaginal microbiome is an intricate and dynamic microecosystem that constantly undergoes fluctuations during the female menstrual cycle and the woman's entire life.



The human vaginal microbiota is a critical determinant of vaginal health.



It is often dominated by **lactobacilli** and the lack of *Lactobacillus* species have been associated with **increased risk** of adverse health outcomes.

Lactobacilli and other fermentative bacteria produce various **antimicrobial compounds**, eg. lactic acid, hydrogen peroxide, and bacteriocins.

This contributes to a healthy vaginal microbiome and establishing a **defense** against the invading pathogens.



The vaginal microbiome differs largely among individuals, and the differences are due to:

- Variations in sexual activity
- Spray or shower with water
- Chronic stress
- Regional disparity
- Race
- Pregnancy
- Other factors



The breakdown of a balanced ecosystem is known as **dysbiosis**.



The scientific knowledge on the vaginal microbiome and its correlation with diseases, such as pelvic inflammatory disease, sexually transmitted infections, and preterm birth, is still **inadequate** and requires more research.

We are during our **Women's Month**,  
a whole month dedicated to female  
health and women in agriculture.

**For women by women**



Coalition of Health Professionals  
for Regenerative Agriculture