



Vaginal Microbiome

New Therapeutic Options for Gynecological Complaints

The Vaginal Microbiome

The Vaginal Microbiome (VM) refers to the entirety of microorganisms in a woman's vagina. Healthy VMs usually show very low diversity, meaning they contain only a few types of bacteria, predominantly lactobacilli. A specific *Lactobacillus* species is often dominant and marks different VM types: for example, *L. gasseri* (Type II), *L. iners* (Type III), *L. jensenii* (Type V)¹. VM type changes often occur. Causes include hormonal changes during different life stages of women or short-term factors like menstruation, as well as changes in the gut microbiome or external influences (sexual activity, cleansing, medications, etc.). The VM type in which the dominant species is *Lactobacillus crispatus* (Type I) is particularly stable against disturbances¹. If the VM has a low abundance of *Lactobacillus* species, complaints can quickly arise.

VM - Vaginal Infections

The very common infections (vaginitis, vaginosis, vulvovaginal candidiasis) can significantly impair the quality of life of women. Until now, their treatment has mostly comprised of administering antibiotics, antifungals, or antivirals. Unfortunately, this often results in only short-term success and a significant risk of recurrence. However, therapy with specific lactobacilli can effectively support healing and help prevent recurrences². The administration of *L. crispatus* can be particularly beneficial, even in cases of high-risk HPV³.

VM - Urinary tract infections

Urinary tract infections (UTIs) are mostly caused by intestinal bacteria (*Escherichia coli*). Antibiotics are also used as a treatment here. However, it is known that they can increase the risk of infections in the long term and can cause follow-up problems, especially before gynecological surgeries⁴. In contrast, therapy with lactobacilli stabilizes the VM environment and inhibits the growth of other bacteria. A high-quality clinical study confirms: a clear advantage for patients⁵!

VM - Fertility and Pregnancy

Women with unfulfilled wish to have children often have a VM that contains few lactobacilli. IVF attempts are rarely successful in such cases. During an existing pregnancy, such a VM can increase the rate of preterm births. Therefore, the administration of the right lactobacilli, particularly *L. crispatus*, offer new therapeutic options to support fertility and pregnancy^{6,7}.

Literature:

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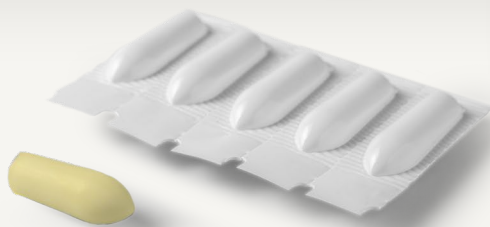
VM - Diagnostics

In the past, the diagnostics of the VM mainly consisted of pH measurement and microscopy of the vaginal smear. Today, a detailed microbiome analysis can assess the VM as a whole. This provides an exact overview of the individual VM and its degree of dysbiosis. This information is very helpful in deciding whether probiotic therapy is indicated.

VM - Sustainable Correction

Until now, there have been few targeted options to treat VM dysbiosis. Corresponding products mostly contained the wrong bacterial species, and particularly *L. crispatus*, which can create a stable VM, was missing.

Microbiome Center, together with its partners, has incorporated well-researched *L. crispatus* strains into vaginal suppositories and developed a new product that contains these important vaginal bacteria. This offers new possibilities for patients with gynecological complaints to restore the natural protective function of the VM and sustainably improve health and quality of life.



VM and the gut

The gut and vaginal microbiomes are closely connected and therefore significantly influence each other. Thus, in case of complaints, it is often sensible to consider both microbiomes in the treatment to achieve a healthy balance and sustainable disease prevention.

Microbiome Center, in addition to the new vaginal suppositories, offers the possibility of targeted gut therapy with personalized pre- and probiotic mixtures specifically adapted to the individual gut microbiome of the affected women.



Learn more
about individual
therapy here!

www.microbiome-center.nl/en/

Vaginal suppositories with active strains of *Lactobacillus crispatus* (SP28, LCR01) and *Lactobacillus acidophilus* (La02) in cocoa and coconut butter, available as a monthly pack of 30 pieces.