

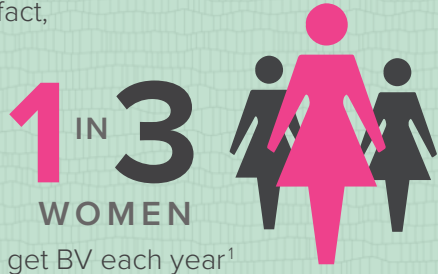
KEEP *her* AWESOME

BACTERIAL VAGINOSIS (BV) FACTS

Ladies, it's time to set the story straight...

WHAT IS BV?

BV is a very common vaginal infection. In fact,



That's over 21 million women in the U.S. between the ages of 14 to 49. But only 4 million women are treated.

WHAT CAUSES BV?

Your vagina balances “good” bacteria (lactobacilli) and “bad” bacteria (anaerobes) to clean itself. BV occurs when bad bacteria outnumber the good.¹

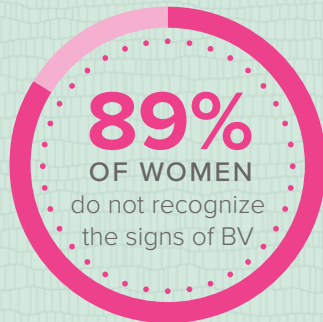
KEEP IN MIND THAT BV²⁻⁴

Is NOT a matter of poor hygiene

Is NOT a sexually transmitted infection

Can only be treated with the right diagnosis

Can occur even if you've never had intercourse



SIGNS & SYMPTOMS OF BV⁴

Unusual vaginal discharge

- White or gray
- Watery
- Strong fish-like odor

Vaginal irritation

- Itching around the outside of the vagina

WHAT HAPPENS IF I DON'T TREAT BV?

Serious negative effects include²

- Increased risk of pelvic inflammatory disease
- Increased risk of pregnancy problems (like preterm birth or low birth weight)
- Increased risk of contracting STIs and HIV

HOW CAN I TREAT BV?

There are no over-the-counter or holistic remedies that have been proven to effectively treat BV. Douching and using vaginal soaps or sprays can make BV worse.⁶ Common treatments include a 7-day course of oral antibiotic, a 5- to 7-day course of antibiotic gel, or a cream applied inside the vagina.⁵

BV is treatable. Talk to a healthcare provider and get prescribed effective treatment.

Visit keeperawesome.com for additional resources and information about BV.

References: 1. Bilardi J, Walker S, McNair R, et al. "Women's Management of Recurrent Bacterial Vaginosis and Experiences of Clinical Care: A Qualitative Study" *PLoS One*. 2016;11(3):e0151794. 2. Brotman RM. Vaginal microbiome and sexually transmitted infections: an epidemiologic perspective. *J Clin Invest*. 2011 Dec;121(12):4610-7. doi: 10.1172/JCI57172. Epub 2011 Dec 1. 3. Donders G. Diagnosis and management of bacterial vaginosis and other types of abnormal vaginal bacterial flora: a review. *Obstet Gynecol Surv*. 2010 Jul;65(7):462-73. doi: 10.1097/OGX.0b013e3181e09621. 4. Koumans EH, Sternberg M, Bruce C, et al. the prevalence of bacterial vaginosis in the United States, 2001-2004: associations with symptoms, sexual behaviors, and reproductive health. *Sex Trans Dis*. 2007;34(11):864-869. 5. "Diseases Characterized by Vaginal Discharge." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. 4 June 2015. www.cdc.gov/std/tg2015/vaginal-discharge.htm. Accessed 25 Sept. 2017. 6. "Why Vaginal PH Is Essential to Your Intimate Health." *Intimina*, 23 Mar. 2017. www.intimina.com/blog/vaginal-ph-importance/. Accessed 25 Sept. 2017.