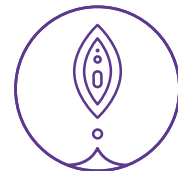




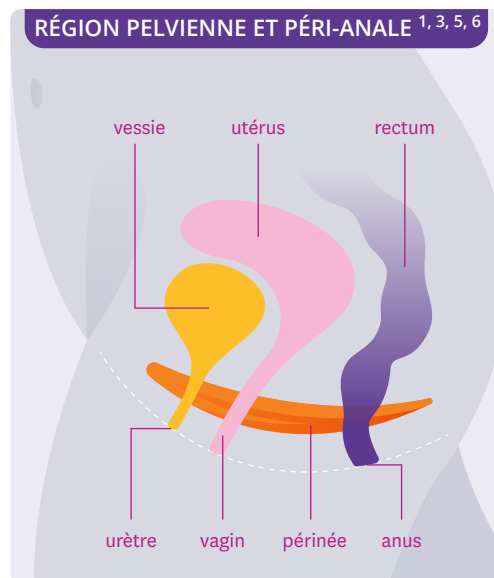
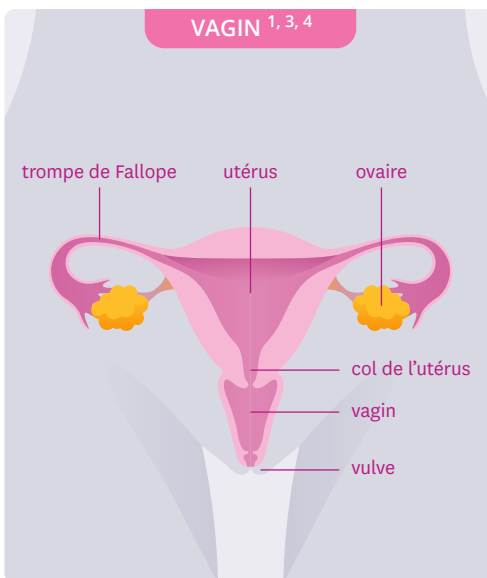
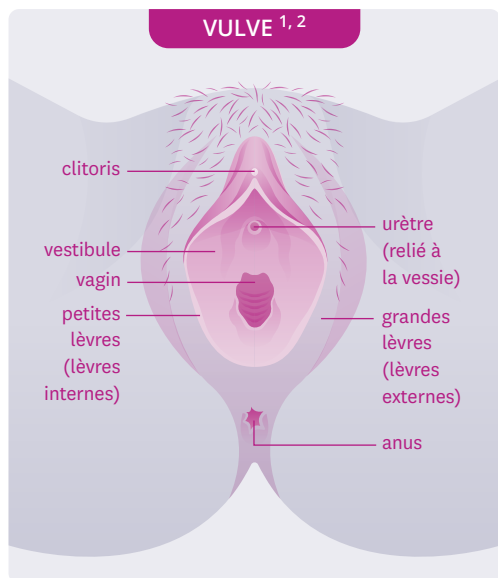
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MICROBIOTES DES FEMMES : PIÈCE MANQUANTE DE LA SANTÉ INTIME



Qui sont ils et comment les protéger ?

PARLONS D'ANATOMIE !



5 CHOSES À SAVOIR 1, 2, 3

- La vulve n'est **PAS** le vagin.
- La vulve, le vagin, la vessie et la région péri-anales abritent un **microbiote** (flore) spécifique.
- Le microbiote **vulvaire** est peuplé de microorganismes issus des microbiotes de la **peau**, du **vagin** et de l'**intestin**.
- Les **microbiotes des femmes** jouent un rôle crucial **dans la santé intime**.
- Les **lactobacilles**, bactéries bénéfiques de l'**appareil génital féminin**, protègent **contre les microbes pathogènes**.



UN DÉSÉQUILIBRE DU MICROBIOTE PEUT ÊTRE ASSOCIÉ À CERTAINES MALADIES...

maladies vulvaires 1, 2, 7, 8

candidose, lichen scléro-atrophique, vulvodynie...



maladies vaginales 1, 3, 4

candidose, vaginose bactérienne, HPV, infection sexuellement transmissible...



maladies de l'appareil urinaire 1, 6, 9

infections urinaires, incontinence...

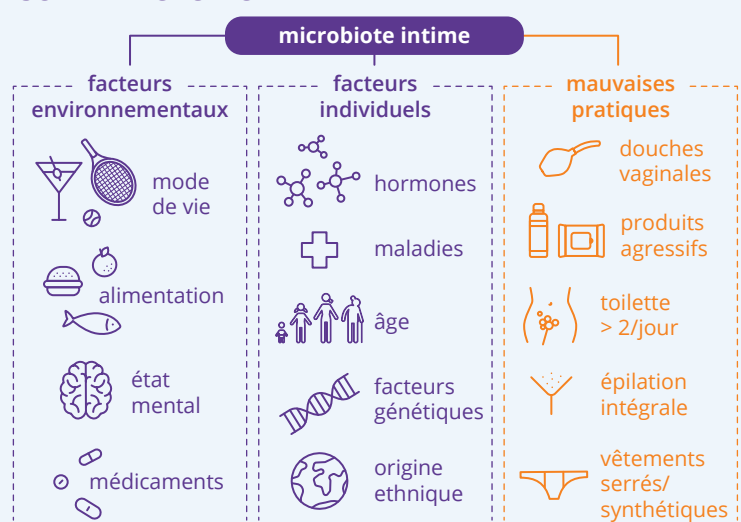


maladies péri-anales 1, 10, 11

infection péri-anales, dermatose...



PRINCIPAUX FACTEURS AGISSANT SUR LE MICROBIOTE 1, 2, 4, 12-17



BONNES HABITUDES POUR MAINTENIR UN MICROBIOTE ÉQUILIBRÉ 1, 13, 17, 19, 20

Le vagin est auto-nettoyant



sous-vêtements en coton



lavage doux sans savon



toilette externe 1-2 fois/jour



dormir sans sous-vêtements



s'essuyer d'avant en arrière



prébiotiques



probiotiques





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MICROBIOTES DES FEMMES : PIÈCE MANQUANTE DE LA SANTÉ INTIME



Qui sont ils et comment les protéger ?

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