Nordic Laboratories

PATIENT: XXXXXXXXXXXXXX
TEST NUMBER: G-NL-XXXXX
GENDER: XXXXXX
AGE: XX

COLLECTED: 00-XXX-2024
RECEIVED: 00-XXX-2024
TESTED: 00-XXX-2024

TEST REF: GNL-NL-XXXXX
PRACTITIONER:
XXXXXXXXXXXXX
XXXXXXXXXXXXXXXXXXXXX

TEST: VM Report Redraft

Welcome to your vaginal microbiome report

The vaginal microbiome is the **population of microorganisms that live in the vagina**, including bacteria, fungi and viruses, and these microorganisms have a complex network of interactions with each other and with their human host. The vaginal microbiome has been linked to some very **important health outcomes**, including the risk of developing bacterial vaginosis or thrush, issues with fertility, pregnancy complications, and problems around menopause.

We have tested your sample for the presence of **beneficial bacteria**, and also for bacteria and other microorganisms that indicate a **disrupted vaginal microbiome**. This test uses a technology called quantitative PCR to measure the levels of DNA in your sample for each target microorganism.

Your results will give you an **insight into the health of your vaginal microbiome**, and may help you understand what the problem might be if you have any unwanted symptoms or recurrent infections. This report can be used to signpost you towards appropriate medical advice and further investigations, and help you make beneficial lifestyle choices.

This test is for your personal health research and results do not constitute a diagnosis. Any findings should be interpreted with the help of a healthcare professional before making decisions about whether treatment is required and which treatment is appropriate. Any discussion of possible treatments in the report is for general information to help you understand your choices and is not personal advice.

This test does not check for most of the common sexually transmitted infections (STIs), some of which may have similar symptoms to the infections caused by a disrupted vaginal microbiome. STI testing is free in the UK via the NHS.

Results at a glance

Lactobacillus	High Protection	**Bacterial vaginosis**	High Risk
Aerobic vaginitis	High Risk	**Yeast infections**	Low Risk
Trichomonas	Detected		

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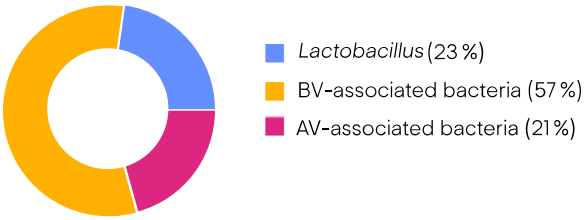
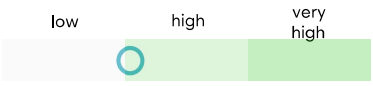
Balance of bacteria

An ideal vaginal microbiome should be dominated by *Lactobacillus* which provides a protective environment against infections.



Your vaginal microbiome is **not dominated** by *Lactobacillus*, which is associated with an unhealthy vaginal microbiome.

Lactobacillus species (protective bacteria)



Total Lactobacilli: 1.11×10^7 copies/ml

The following individual species of *Lactobacillus* were detected in your sample:

L. iners	3.03×10^6 copies/ml
L. crispatus	2.80×10^6 copies/ml
L. gasseri	2.79×10^6 copies/ml
L. jensenii	2.48×10^6 copies/ml

Your overall levels of *Lactobacilli* are **high**, which is associated with a healthy, protective vaginal microbiome.

Your microbiome is **not dominated** by any single species of *Lactobacillus*.

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Bacterial vaginosis (BV)

Total BV bacteria: 2.76×10^7 copies/ml

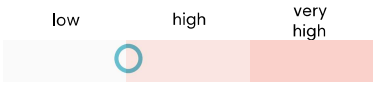
The following individual BV-associated bacterial species were detected in your sample:

Mobiluncus spp.	4.41×10^6 copies/ml
Mycoplasma spp.	4.17×10^6 copies/ml
A. vaginae	3.11×10^6 copies/ml
Megasphaera 2	2.67×10^6 copies/ml
G. vaginalis	2.30×10^6 copies/ml
U. urealyticum	2.28×10^6 copies/ml
B. fragilis	2.26×10^6 copies/ml
BVAB2	2.17×10^6 copies/ml
P. bivia	2.17×10^6 copies/ml
Megasphaera 1	2.08×10^6 copies/ml

Your levels of BV-involved bacteria are **high**, suggesting a bacterial vaginosis infection may be present.

Aerobic vaginitis (AV)

Total AV bacteria: 1.01×10^7 copies/ml



The following individual AV-associated bacterial species were detected in your sample:

E. faecalis	2.65×10^6 copies/ml
E. coli	2.55×10^6 copies/ml
S. agalactiae	2.48×10^6 copies/ml
S. aureus	2.44×10^6 copies/ml

Your levels of AV-involved bacteria are **high**, suggesting an aerobic vaginitis infection may be present.

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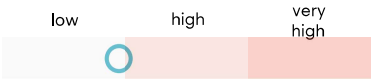
Yeast infections

Total Candida: 8.76 $\times 10^6$ copies/ml



Low levels of *Candida* were detected, which may be a stable and controlled population within a healthy vaginal microbiome, or may indicate the start or end of an infection.

The *Candida* in your microbiome are a **mixed population**, consisting of similar numbers of *C. albicans* and the three other species (*C. parapsilosis*, C. tropicalis, and *C. glabrata*).

C. albicans is the species implicated in the majority of vaginal yeast infections. *C. parapsilosis*, *C. glabrata*, and *C. tropicalis* are responsible for the majority of the remaining *Candida* infections. Although rarer overall, infections of these yeast are more likely to become more serious in immunocompromised individuals, for example developing into candidemia (invasive infection).

Sexually-transmitted infections

Trichomonas

We tested for the parasitic organism *Trichomonas vaginalis* which causes the infection trichomoniasis. Symptoms of trichomoniasis can include itching and soreness and abnormal discharge, and the infection may be sexually transmitted. *Trichomonas* is not a normal part of the vaginal microbiome.

Trichomonas: Detected

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