



screenme

Vaginal microbiome report

Name

Scientist report

Dear*****,

03.05.2022

Your vaginal microbiome results show that your vagina consists of 55.5% lactobacillus (beneficial and protective), 42.35% pathogenic bacteria and 2.13% commensal and pathobionts. The Lactobacillus strain dominating your vagina is Lactobacillus Iners. These results put you in vaginal community state type III-B. Although Community State Type III-B has a large proportion of lactobacillus this type can be relatively unstable and transition to other less healthy Community State Types allowing the growth of pathogenic bacteria as seen in this case. This community type is at higher risk of harmful bacteria growth, recurrent infections, and fertility complications compared to other healthy community state types such as I and II. Your vaginal microbiome may explain your recurrent yeast infection.

There is a significant proportion of Gardnerella vaginalis and evidence of higher than expected veillonella and ureaplasma also.

Gardnerella vaginalis is a bacteria that coexists alongside other bacteria in your vagina to keep it infection-free. When too much gardnerella bacteria grows, you can develop an infection called bacterial vaginosis (BV) and also be more susceptible to other pathogenic bacteria and yeast.

Ureaplasma does not cause BV but can proliferate in women with BV and contribute to reducing vaginal health. Ureaplasma can also be problematic in allowing a normal vaginal microbiome to be established and when deemed necessary by your GP is usually treated with Doxycycline due to tetracycline resistance.

In addition your yeast panel reveals higher than average yeast presence. Candida albicans is present along with relatively higher levels of Candida glabrata which may indicate yeast infection. Although candida albicans infection is usually treated with fluconazole candida glabrata infection preferred treatment is usually echinocandin due to resistance to fluconazole. Amphotericin B suppositories are also effective in about 70 per cent of the time, against C. glabrata infections that are resistant to azoles.

I recommend you bring these results to the attention of your practitioner for any further testing and treatment if necessary.

I recommend the use of vaginal probiotics to help improve your vaginal microbiome health.

I have listed some nutrition and lifestyle tips to help improve your vaginal microbiome with the help of your practitioner. In the case where you require a practitioner we can refer you to one of our qualified partner practitioners.

I recommend using vaginal probiotics alongside optimising your nutrition and lifestyle and repeating a vaginal microbiome test in 3-6 months.

In the meantime please look out for any signs of infection and speak to your GP or physician if you have any concerns.

Symptoms of infection include:

- Itching or burning in the vagina area
- Change in vaginal discharge such as the texture, colour or smell
- Burning when urinating

If you have any questions or concerns please do not hesitate to get in touch

Sincerely,
Dr Golnoush Golshirazi

PhD, MA (Cantab)
Lead molecular biologist
ScreenMe

Summary letter

03.05.22

Dear *****,

Thank you

Thank you for choosing Screenme on your journey to maximising your health, by using our comprehensive microbiome test kit that our in-house team has now assessed.

Your microbiome markers, what they measure and recommendations.

Your comprehensive vaginal microbiome test results and recent consultation should help you with knowing what you need to do next.

Your results

. These results put you in vaginal community state type III-B. Although Community State Type III-B has a large proportion of lactobacillus this type can be relatively unstable and transition to other less healthy Community State Types allowing the growth of pathogenic bacteria as seen in this case.

Here are microbiome supporting supplements I would recommend to you which will be tailored and provided for you purchase through your practitioner:

- Vaginally applied probiotic containing L.Crispatus
-
-

Main lifestyle goals

-
-
-
-
-
-
-
-
-

A gift from us

Microbiome friendly delicious recipes have been included especially for you, as even they are easy to prepare, and most importantly support your microbiome and overall health! You can find them in your Dashboard in the 'Eat Well Plate' section.

Why ScreenMe for you

Our reason for existing is to support you throughout your health journey, so if you need to speak to one of our team please email support@screenme.co.uk and someone will get back to you as soon as possible.

I very much look forward to speaking with you again soon and as always thank you for your openness and honesty in our consultation.

Best wellness wishes,

Dr Golnoush Golshirazi
PhD, MA (Cantab)
Lead molecular biologist
ScreenMe

1 ScreenMe vaginal health score

Your overall score is:

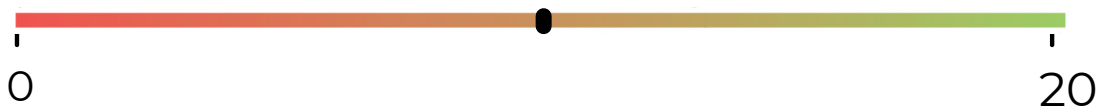
Not optimal

Score:

10

Range

18-20



ScreenMe Vaginal Score: This is the overall score that our scientists calculate based on your vaginal community type (more on this below) and the diversity of the bacteria in your vagina.

The lower the diversity, your community state type and yeast abundance the higher your score.

Note: See the recommendation page on how you can improve your vaginal microbiome through a holistic approach.

2 Vaginal community state type

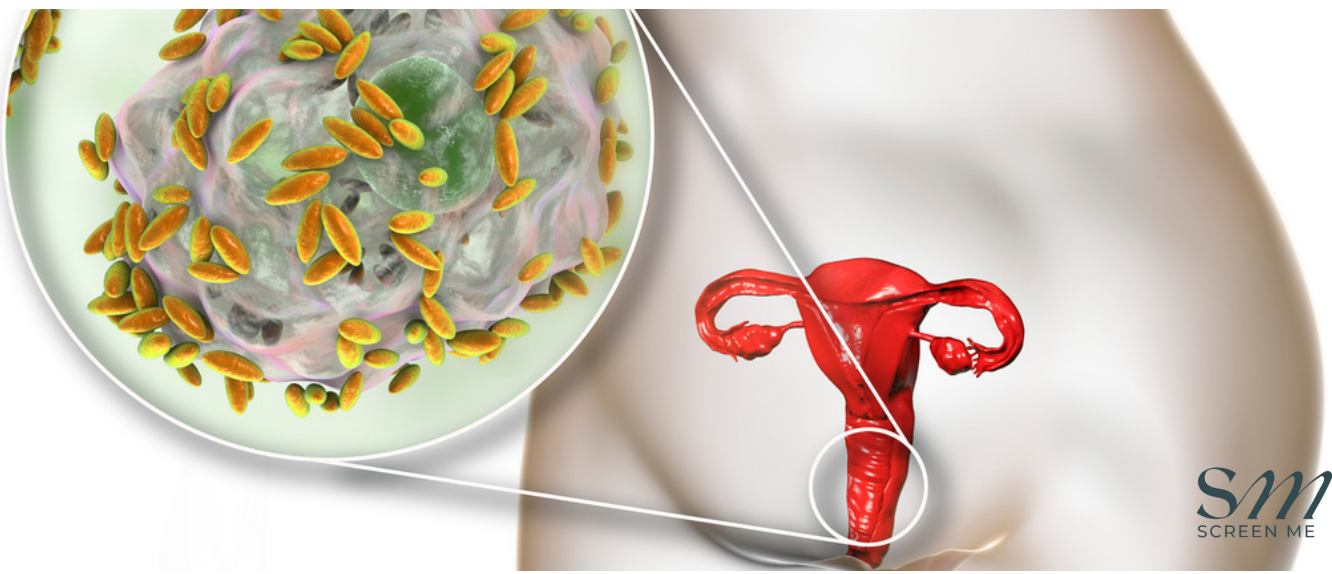
Your Community State Type is:
Type III-B
Not optimal

Community State Type: Is a classification of vaginal microbial community. Different Types are strong indicators of vaginal comfort, reproductive health, and other immune factors.

Your Community State Type: Community State Type III-B consists of 50%-80% of acid producing Lactobacillus bacteria. However this type is dominated by Lactobacillus Ineris which can be relatively unstable and allow the overgrowth of pathobiont and pathogenic bacteria increasing risk of infection and disease.

Note: See the recommendation page how you can Improve your vaginal microbiome through a holistic approach.

What's optimal: Community State Type I, II and III-A are dominated by acid producing lactobacillus bacteria. These community state types are considered to be healthy and at lower risk of infections, UTIs and fertility complications.



3 Vaginal microbiome diversity

Your Diveristy score is:

Good

Result

2.8

Range

<4*

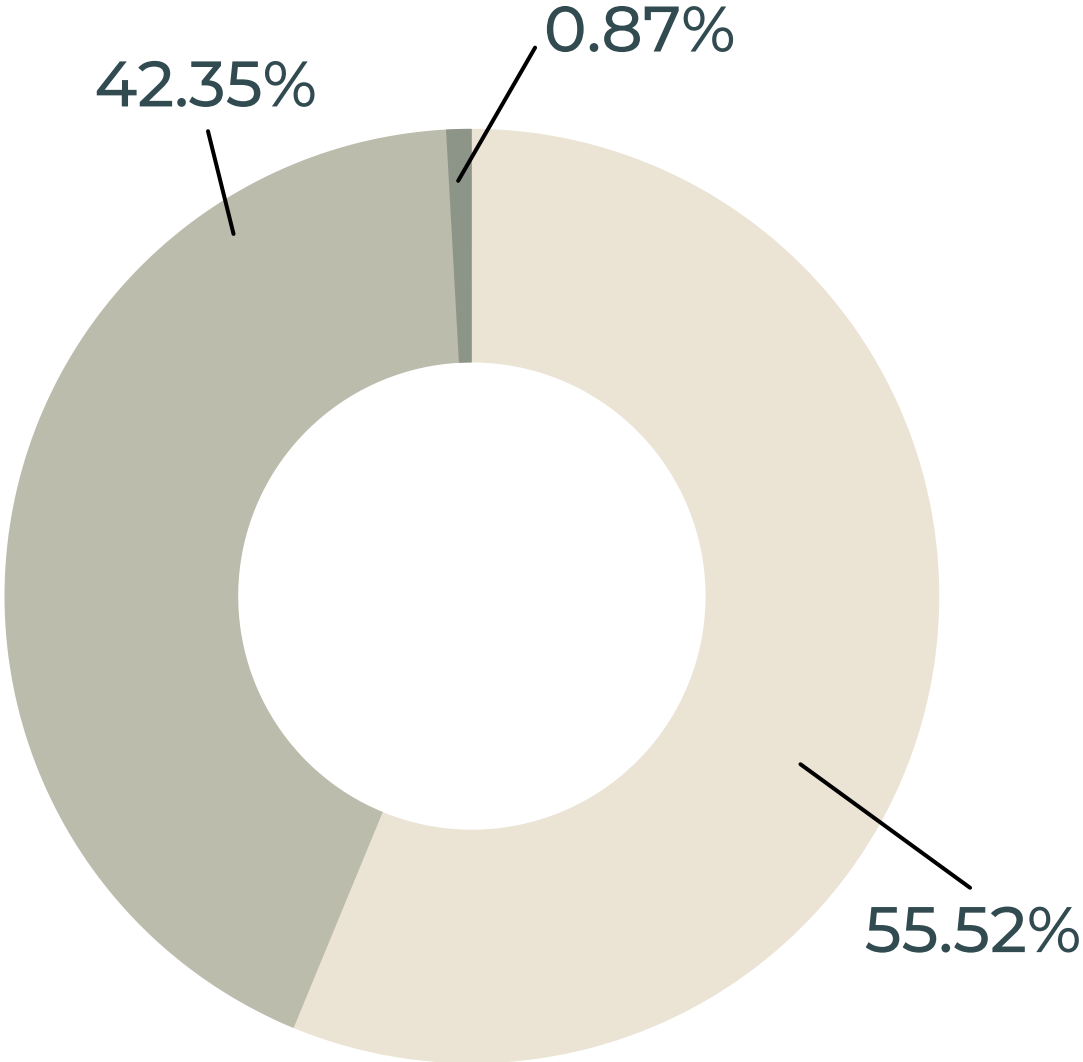





- Vaginal health is typically associated with low microbial diversity. Especially, when it is also associated with dominance of Lactobacillus species, it is indicative of balanced vaginal microbiome.
- When the diversity is increased, the vaginal microbiome is out of balance (disbiosis).
- Imbalanced microbiome can predispose you to bacterial vaginosis (BV) and put you at higher risk of contracting urinary tract infection (UTI) or sexually transmitted infection (STI)
- Often vaginal microbiome balance is controlled by your levels of estrogen. Low levels of estrogen may lead to higher diversity.
- *An overgrowth of lactobacillus which reduces the diversity of the vaginal microbiome may also lead to cytolytic vaginosis in some women. This will be discussed in your consultation.
- *Community state type IV vaginal microbiome will also result in a low diversity score. This is due to the dominance of non lacto strains of bacteria and so not reflective of a healthy diversity.



4

Your vaginal bacterial composition



-  Lactobacillus (useful bacteria)
-  Commensals and pathobionts (other bacteria)
-  Pathogens (harmful bacteria)

04a Detailed bacterial composition (this will include 100% of bacteria (and yeast if taking the advanced test) present in the vagina)



Lactobacillus Qty(%)*

Genus	Species	Relative quantity
g__Lactobacillus	s__fornicalis-jensenii	0.24
g__Lactobacillus	s__iners	54.95
g__Lactobacillus	s__jensenii	0.33

Opportunistic bacteria and pathogens Qty(%)*

Genus	Species	Relative quantity
g__Gardnerella	s__vaginalis	35.62
g__Corynebacterium	s__amycolatum	0.23
g__Prevotella	s__bivia	0.3
g__Prevotella	s__timonensis	0.12
g__Staphylococcus	s__capitis-caprae-epidermidis	0.05
g__Streptococcus;	s__anginosus	0.24
g__Anaerococcus	s__hydrogenalis	0.17
g__Anaerococcus	s__prevotii-tetradium	0.13
g__Anaerococcus	s__prevotii-tetradium	0.07
g__Finegoldia	s__magna	0.65
g__Peptoniphilus	s__grossensis	0.18
g__Peptostreptococcus	s__anaerobius	0.38
g__Veillonella	s__montpellierensis	6.1
g__Ureaplasma	s__urealyticum	0.18

Our labs are subject to rigorous quality systems based on Good Laboratory Practice (GLP), Clinical Laboratory Improvement Amendments (CLIA) regulations and College of American Pathologist (CAP) standards



5 Vaginal yeast abundance

Absolute genome copies/ul	Above average
Result	Range
5	<1



- Absolute abundance of yeast is measured through looking at the number of yeast genetic material per ul of sample
- When the yeast absolute abundance is increased, it may indicate an over growth of yeast in the vaginal microbiome
- Increased yeast growth can predispose you to vulvovaginal candidiasis and symptoms of thrush.
- Often vaginal yeast levels is affected by your levels of estrogen. High levels of estrogen may lead to yeast over growth.
- In the case where your absolute yeast levels are higher than average please refer to the species of yeast in section 5b for relative levels of specific yeast strains which allows more accurate treatment where necessary.



05b Detailed bacterial composition (this will include 100% of bacteria (and yeast if taking the advanced test) present in the vagina)

Yeast Qty(%)*

Genus	Species	Relative quantity
g__Malassezi	s__Malassezia restricta	0.05
g__Candida	s__Candida albicans	7.02
g__Nakaseomyces	s__[Candida] glabrata	92.93



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Foods To Promote Vaginal Health

Probiotics, Prebiotics & Phytoestrogens:

Veggies

-

Soybean Sources

-

Dairy Sources

-

Fruits

-

Seeds and Grains:

-

Ferment & pickle cautions and Tips:

-





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Women's health optimised



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