

Summary



Hana Janebdar, Juno Bio Team

Hi Marika,

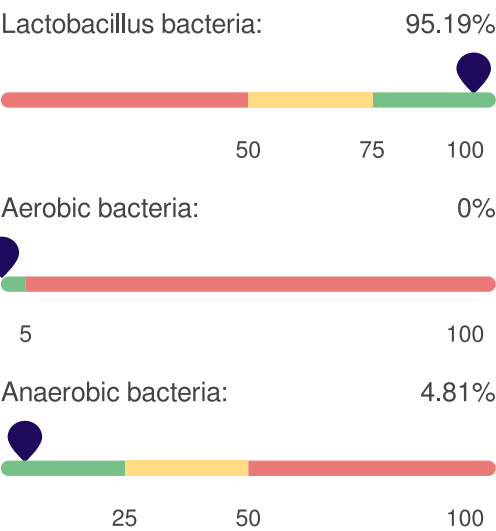
Your vaginal microbiome wellness results are in!

Your wellness results show that you have high amounts of protective *Lactobacillus* and low amounts of disruptive anaerobic and aerobic bacteria. This is commonly associated with a healthy vaginal microbiome which is great news.

It's important to note that this is not a diagnosis; this test is only a wellness screen and these microbes are associative based on scientific research.

If you have any questions, you can book an appointment with our vulvovaginal specialist.

Best of health,
Hana



Type

Your microbiome is: **Type 1**

Dominated by *Lactobacillus crispatus*.

Type 1 means that your vaginal microbiome is dominated by one microbe: *Lactobacillus crispatus*. This is a very common vaginal microbiome type and there is a strong body of research supporting its association with wellness. There are a couple of reasons why scientists think that this vaginal microbiome is associated with wellness. The main reason is that *Lactobacillus crispatus* produces a chemical called lactic acid which creates an environment in which many other bad microbes have a hard time growing.

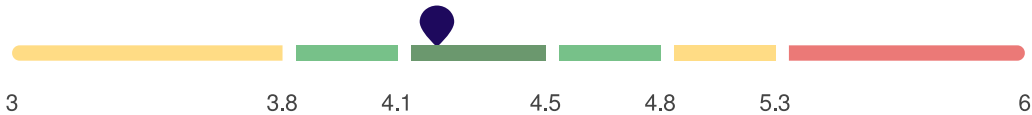
While it is still possible to contract an infection or experience symptoms of a disrupted vaginal microbiome with this vaginal microbiome type, it is definitely one of the more protective vaginal microbiome types. Scientific research has shown that this vaginal microbiome type is resilient against disruptors and is self-regulating. This vaginal microbiome type is especially prevalent in caucasian women.

In total, there are 5 types of vaginal microbiomes that have been identified in scientific research to date. These categories are useful for giving you an overall view of what's going on in your vaginal microbiome but it's worth noting that there's no single version of healthy, everyone's vaginal microbiome composition is unique and these categories are still an active field of research.

Bacterial Load

Normal

Bacterial load is an estimate of the total amount of bacteria in your sample.



Bacterial load can vary a lot, even in people with a healthy vaginal microbiome [1].

What to know

- A normal amount of **protective bacteria** is necessary to prevent vaginal infections [2].
- If you are experiencing symptoms but have a normal amount of bacteria, your symptoms may be associated with the **type of bacteria** in your microbiome.

* Bacterial microbial load ranges are based on data from over 400 samples. Bacterial load is measured in log10(DNA copies).

Bacterial Composition

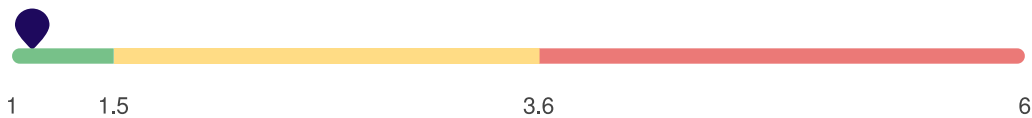
Name	Role	Abundance
Lactobacillus crispatus	protective	95.19%
<p>Healthy vaginas are typically dominated by <i>Lactobacillus</i> species [1] and <i>Lactobacillus crispatus</i> is one of the most common [1].</p> <p>High levels of <i>Lactobacilli</i> can protect against sexually transmitted infections, yeast infections, bacterial vaginosis and urinary tract infections [1, 2, 3, 4]. Having low levels of <i>Lactobacillus</i>, or none at all, is associated with having disruptive microbes and their related conditions. However, <i>Lactobacillus</i> can sometimes be disruptive in cases of cytolytic vaginosis [5] or vaginal lactobacillosis [6].</p>		
Finegoldia magna	disruptive	1.85%
Snodgrassella		1.5%

Hoyleseella timonensis 1.46%

Fungal Load

Normal

Fungal load is an estimate of the total amount of fungi in your sample.



* No fungi were detected above the limit of detection.

Fungal load is normally zero but a small amount can often be found in a healthy microbiome too [1].

What to know

- Having no fungi or a small amount of fungi is normal [1].
- The most common type of vaginal fungi are *Candida* species, a type of yeast [1].
- In the absence of symptoms, yeast is no cause for concern[1].
- However, if you have symptoms, vaginal yeast is associated with [Yeast Infections](#).

* Fungal microbial load ranges are based on data from over 400 samples. Fungal microbial load is measured in log10(DNA copies).