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USE OF A SERUM CONTAINING A LIVE BACTERIUM TO AID IN THE MANAGEMENT OF SYMPTOMS ASSOCIATED WITH RECURRENT UROVAGINAL INFECTION: A DOUBLE-BLIND MICROBIOME STUDY ON 50 HEALTHY ADULT WOMEN

C. Ryan, C. Heide, B.Y.M. Technologies Ltd, London, UK

Introduction

The effects of a newly developed serum for women's intimate care were evaluated. The serum contains a Gram-negative bacterium of class Oligoflexia, which preys on other Gram-negative bacteria. Using the serum on the external genitalia, it aims to aid women's self-management of common symptoms of recurrent urovaginal infection. The serum contains a moisturising dimethicone base, intended to establish a barrier against pathogens and relieve sensitive vulval skin, particularly in peri- and post-menopausal women experiencing vaginal dryness.

Patients and Methods

Fifty women with self-reported histories of recurrent urovaginal infections applied the serum twice daily for two weeks. Sixteen were pre-menopausal, 20 peri-menopausal, and 14 post-menopausal. All completed questionnaires throughout the study reporting perceived changes in urovaginal symptoms. Forty-one participants submitted urine and vaginal samples for microbiome testing before and after the application period.

Results

The serum was well tolerated and women reported improvements in numerous symptoms throughout the study. In applicable participants, 93% reported their dry intimate skin felt moisturised, and 69% felt reductions in general irritation (e.g., itching, burning) with 78% noticing improved outcomes compared to widely-used supplements. While the serum had no negative impact on colonising lactobacilli, trends in reduction of pathogens, including E. coli, were observed.

Conclusions

This serum exhibited immediate moisturising properties and may soothe symptoms of recurrent urovaginal infection. Effects on microbiota are promising and are being investigated further with a focus on long-term application. The serum may serve as a valuable non-antibiotic tool to help women battling symptoms of recurrent infections caused by dysbiosis.