

Title: Do probiotics decrease recurrence of vaginitis? A retrospective descriptive study conducted by an OB –GYN Infectious Diseases Specialty Clinic on Asian Women

Judith Perez Peralta, M.D. FPOGS, FPIDSOG
Section of Infectious Diseases for Obstetrics & Gynecology
St. Luke's Medical Center, Global City, Philippines

Study Design: A retrospective, descriptive study of women with persistent vaginal discharge referred to an infectious disease specialty clinic. **Objectives:** (1) To describe the sociodemographic factors of women with recurrent/ persistent vaginal discharge seen in an infectious disease specialty clinic (2) To describe the clinical outcomes of women with persistent/recurrent vaginal discharge following outpatient treatment (3) To compare the outcomes by type of vaginal infection and treatment with antimicrobials and probiotics. **Background:** Persistent/recurrent vaginal discharge is a common problem among women and most cases are managed with empiric treatment for bacterial vaginosis, and not referred to infectious diseases specialists until several treatment failures. Furthermore, there are few available descriptive studies regarding outcomes following specific therapy with antimicrobials and adjunctive therapy with probiotics among Asian women seen in infectious disease specialty facilities. **Methods and Measures:** De-identified data from out-patient medical records of women seen from 2015 to 2019 were retrieved from a private infectious disease out- patient facility in an urban tertiary hospital in the Philippines. Subjects were classified by type of vaginal infection based on clinical presentation, diagnostic tests, and type of appropriate treatment, such as antimicrobials and probiotics. Data on treatment response and number of treatment visits were also collected. **Results:** Descriptive and inferential statistics will be calculated for all data to determine the frequency distribution of the different types of recurrent vaginitis in the patient population, response to treatment and number of treatment visits. Sociodemographic data will be analyzed to determine the average age of the patients and other associated risk factors. **Hypothesis:** This study will demonstrate that women with diverse types of recurrent vaginitis show clinical improvement after specific therapeutic intervention using the appropriate use of diagnostic tests and antimicrobials. This study will show the increasing role of probiotics in the armamentarium against vaginal infections. **Conclusions:** The results of this study will be available by the time of the conference.

Biography Dr. Judith Perez Peralta completed her medical school at the UERMMMC, Philippines and went on to become a board-certified OB GYN. After completing her clinical fellowship in Infectious Diseases for Obstetrics and Gynecology, she became a research fellow of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School / Beth Israel Deaconess Medical Center, Dept. of Epidemiology c/o Dept. of Obstetrics & Gynecology in Boston, Massachusetts. She is a probiotics advocate and is actively involved in research to promote probiotics in women's health.

Presenting author details
Full name: Judith Perez Peralta M.D., FPOGS, FPIDSOG,
Contact number: +63 917 507 1066
Contact email: jpperalta@stluke.com.ph jperez9hms@gmail.com

Session Name: number
Category: Oral presentation
Linked in account: Judith Perez Peralta, M.D



Title: The use of oral probiotics in third trimester pregnancy: A randomized, controlled, open – labelled study to determine efficacy, tolerability, and additional benefits to prevent infection, constipation and mood disorders among Asian pregnant women.

Judith Perez Peralta, M.D. FPOGS, FPIDSOG
Section of Infectious Diseases for Obstetrics & Gynecology
Quirino Memorial Medical Center, Philippines

Study Design: A randomized, controlled, open – labelled study **Objectives:** (1) To assess the efficacy and tolerability of oral probiotics when given as an adjunct to metronidazole in the treatment of bacterial vaginosis among Filipino pregnant patients. (2) To assess the efficacy of oral probiotics in primary and secondary prevention of bacterial vaginosis and candidiasis among Filipino pregnant women. (3) To determine if oral probiotics intake is associated with decreased respiratory, gastrointestinal and genitourinary tract infections during pregnancy and postpartum(4) To determine if oral probiotics intake is associated with decreased constipation and mood disorders during pregnancy and postpartum (5) To determine if oral probiotics intake during pregnancy is associated with decreased neonatal infection. **Background:** Bacterial vaginosis (BV) and vulvovaginal candidiasis (VVC) are common infections during pregnancy that may lead to harmful sequelae. Treatment choices are limited due to safety issues however current data suggest that probiotics are generally safe and well-tolerated in third trimester pregnancy based on one meta-analysis and systematic review of 8 randomized controlled trials of probiotic use in more than 1500 pregnant women at 32-36 weeks age of gestation with no increase in adverse fetal outcomes (Dugoua, 2009). Oral probiotics are not systemically absorbed and are unlikely to reach fetal circulation, but rather, reach the genitourinary tract by migration from the gastrointestinal tract. There are emerging data suggesting that probiotics may improve immune, gut, and mental functions as manifested by prevention of infection, bowel and mood disorders. Information regarding probiotics in pregnant Asian women is scarce, therefore this study aims to examine the effects of probiotics in third trimester pregnancy in an urban, tertiary hospital in the Philippines. **Methods**: Pregnant women at 32 to 36 weeks of gestation will be enrolled and screened for bacterial vaginosis and candidiasis. Group 1 will be comprised of women with normal vaginal flora and Group 2 will be comprised of women with bacterial vaginosis or candidiasis. Each group will be randomly assigned to two subgroups. In Group 1A, women will receive oral probiotics. In Group 1B, women will not receive probiotics. In Group 2A, women will receive metronidazole/ antifungal, followed by oral probiotics. In Group 2B, women will receive metronidazole/antifungal alone. Repeat testing will be done after treatment to confirm resolution of bacterial vaginosis or candidiasis. The incidences of vaginitis, respiratory, gastrointestinal, genitourinary tract infections, and constipation and mood disorders during the study period will be determined for all subgroups. The incidence of adverse effects to probiotics, metronidazole and antifungal medications will also be determined. Results: Statistical data will be summarized using mean, SD and range for continuous parameter and counts and percentages for categorical parameters. Quantitative data will be analyzed using Friedman's one-way ANOVA test. Kruskall- Wallis test will be used for the comparisons across treatment arms. Hypothesis: Oral probiotics will be effective in prevention of vaginal infections and may be associated with decreased respiratory, gastrointestinal and urinary tract infections, improved gut

function and mental well-being. **Conclusion:** The results of the study will be available by the time of the conference.

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Presenting author details
Full name: Judith Perez Peralta M.D., FPOGS, FPIDSOG,
Contact number: +63 917 507 1066
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