

ABSTRACT

Background: The thesis deals with problems of vulvovaginal discomfort (VVD) trigger mechanisms. Although VVD is not a life-threatening infection, it is probably the most common reason for a gynaecological clinic visit. Although, these difficulties in today's population are widespread, the exact origin of the disease is still unknown. The purpose of this publication is to clarify the mechanisms by which the VVD can be triggered.

Methods: The data for this work has been obtained in a survey. Altogether, 451 surveys were completed. The questions cover areas where a connection with VVD is presumed. Statistical methods such as chi-square and unpaired T-test were used for data processing.

Results: The evaluation of this research has shown statistically significant results for the average number of births, diet preferences and sweetening issues. Women in the group of recurrent VVD have preferred sweet meal as well as cane sugar in the diet. Women in the control group with no difficulties have shown to have a higher birth rate and have not been using sugar in the diet. All these results were proved statistically significant with a confidence level of 0.95. On the other hand, statistical significance has not been proved for type of worn underwear, sanitary products used during the period, intimate hygiene, use of hormonal contraception, protected or unprotected sex, the average number of sexual partners, the average number of abortions or miscarriages and the consumption of lactobacilli.

Conclusions: The results I have obtained showed significant relation between the number of births, preferred diet of the respondents and sweetening. Unfortunately, no relation of the other monitored factors and VVD were confirmed and could be the aim of further studies.

Key words: recurrent vulvovaginal discomfort, risk and predisposition factors, *Candida albicans*, vulvovaginal candidiasis