

ABSTRACT

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Title: Factors related to chronic vulvovaginal discomfort – questionnaire research in Slovakia

Graduation thesis

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Field of study: Pharmacy

OBJECTIVE: A very common and quality of life reducing disease is vulvovaginal discomfort (VVD), which affects more than two thirds of women at least once in a lifetime. With recurring vulvovaginal discomfort we talk about recurrent vulvovaginal discomfort (RVVD), which affects the patient at least 3 times a year, or 4 times in a lifetime. The aim is to search a group of women who have been diagnosed with RVVD and healthy women and/or women with VVD and compare them. We compare a group with RVVD and the theoretical hypotheses obtained by examining and long-term studies. We compare women based on age, the number of sexual partners, the impact of food and lifestyle on formation of vaginal problems and the development of chronic vulvovaginal discomfort. The evaluated group consisted of 212 respondents, 46 from the RVVD group and 166 from the control group.

METHODS: We obtained data for the elaboration of this graduation thesis using a questionnaire, which consisted of 45 questions, where respondents could mark one or more options, in several questions they could express themselves in writing. We addressed the most women through social networks. We also tried to create a QR code which we addressed women patients in the waiting room at a gynaecologist or in a pharmacy. We addressed the older ladies with a printed questionnaire but with diminishing returns. For statistic evaluation we used chi-squared test and t-test functions.

RESULTS: The evaluation of the questionnaire study has brought statistically significant differences between both groups in the following areas: preference of tampons or menstrual pads, wearing cotton or synthetic underpants or G-strings, using a special washing gels for intimate hygiene or common shower gel or using clean running water, using food supplementation or eating food containing probiotics, consuming margarines,

vegetable oils, fatty products or alcohol, the effect of antibiotic treatment, using hormonal contraceptive pills and the number of sexual partners.

We haven't registered statistically significant differences between the groups in the consumption of sweet drinks, juices, sweets, fruit and vegetables, sweetening and the type of sweeteners used, the type and the form of used probiotics.

CONCLUSION: We evaluated the survey and extended the knowledge about the predisposing factors of RVVD.

Key words: Vulvovaginal discomfort, recurrent vulvovaginal discomfort, survey, predisposing factors