

Abstract

The diploma thesis is aimed at recurrent vulvovaginal discomfort (RVVD) and its pre-disposition factors, and further focused on recurrent vulvovaginal candidosis (RVVC). RVVD is defined by a set of symptoms such as pruritus, burning, vaginal discharge or edema more than three times a year or more than four times a life. As it can be found in literature, approximately 75 % of women suffer from at least one attack of RVVD in their lives. However, why the major part of the patients suffer from its recurrence has still not been clearly explained. The work is conceived as a meta-analysis of the already existing studies that were conducted at the Department of biological and medical studies at the Faculty of Pharmacy in Hradec Králové of Charles University in Prague.

AIM OF THE WORK – The aim of the work was to assess the data obtained from five questionnaire studies and to summarise the basics of the vaginal ecosystem physiology and VVD issue, including the predisposition factors of its recurrent form.

METHODS – To obtain data, a questionnaire study was used, in which female respondents were asked about issues usually connected with the occurrence of RVVD. A group of 385 women was evaluated, from which 139 were denoted as RVVD attacked and 246 as normal, i. e. healthy. To determine statistically significant differences, the functions of chi-square and T-test were used.

RESULTS - After the evaluation of the data obtained, significant statistical differences between the groups were found, such as using alternative menstruation hygiene products other than tampons and sanitary napkins, wearing cotton and thong-type underwear during the day, using normal shower gels and special products for intimate hygiene, performing vaginal irrigation and using vaginal gels, wearing thin liners outside menstruation, the degree of trimming vaginal hairs, drinking sweet tea and coffee, using products containing probiotics, food allergies during childhood, presence of rhinitis and allergic rhinitis at present, opinions on the impacts of contraception on health, the number of sexual partners for the last year and at present, the question of a sexual partner and regular coitus, the time during which women have a steady sexual partner, sexual practices preferred, benefits of steady partners' sex, the frequency of sex outside RVVD periods, using lubrication gels, opinion on the relation of the discomfort with its occurrence in mothers or sisters, antibiotic treatment, the beginning of sexual activity and using hormonal contraception.

Statistically significant differences were found neither in an average duration of menstruation, nor its regularity, the choice of tampons or sanitary napkins, wearing trousers, the temperature of washing clothes, frequency and the overall degree of hygiene, dairy product consumption including yoghurts, using products containing zinc and form of contraception.

In the area of life satisfaction, the most striking differences were found in the question of health. Not less significant differences were found in the questions of finances, free time, in relationships and marriages, and living with friends and relatives.. Generally, it is possible to state that women suffering from RVVD were less satisfied in these areas. As for the question of stress-vulnerability, it was found that the majority of the women questioned were slightly vulnerable by stress.

CONCLUSIONS – The meta-analyses of five studies were performed, the differences between the healthy and RVVD attacked groups of women were evaluated and, finally, possible pre-disposition factors of RVVD were proposed.