

Newsletter 28. Recurrent bladder infection and LadyBalance vaginal infection



Recent scientific literature point out, that bacterial vaginosis may be the trigger for recurrent bladder infection (Gilbert and co-workers, 2017). Therefore the user survey recently completed was designed to cover the experience with bladder infection (cystitis).

The problem is massive, 30 per cent of the women answered, that they have had recurrent bladder infection at some time during the last 10 years. Concerning whether they had bacterial vaginosis at the time of infection 40 per cent said “no”, 39 had diagnosed BV or classical symptoms of BV, while 21 per cent said “do not know”. Half of the woman is a high frequency – as the frequency among Danish women normally is between 5 and 20% (Svare and collaborators found 16% in pregnant women) underlying that there is a relation between bacterial vaginosis and recurrent bladder infection.

Were they treated? 55 per cent say no, while 36 per cent received antibiotics, 17 percent used LadyBalance lactose tablets and 10 per cent used a probiotikum. This may not reflect general conditions as the respondents all have been using lactose tablets over the recent years. It is still most common that women are treated with antibiotics despite all the drawbacks of this treatment.

Did it help? In total 29 per cent evaluate that cystitis is ‘much less’ or ‘less’ after treatment of BV. 44 per cent have no opinion on the relation.

The question: “Does Ladybalance vaginal tablets help?” cannot be clearly answered. The average number of episodes for all affected respondents is 5,5 while the number of episodes while the respondent has been using LadyBalance lactose vaginal tablets is 1,3. These two numbers are though not directly comparable, as the total number of episodes (5,5) was during 10 years, while the time these users had been using LadyBalance vaginal tablets was 1,5 years in average. But it is interesting that 49 per cent of the respondents had not had any episodes of bladder infection while using LadyBalance.

Moreover, 59 women indicated that they had purchased LadyBalance tablets to combat recurrent bladder infection. In the overview of the perceived effect of using the lactose tablet, 14 percent indicated that the problem occurred ‘Much less’ and 24 per cent indicated ‘Less’. Nobody said ‘More’, 30 percent said ‘No difference’ and 32 percent said ‘Do not know’.

In short: Recurrent bladder-infection is a massive female problem. There are more indications, that BV is a risk factor for recurrent bladder infection. The relation between treatment and infection is very complex (was the treatment effective, what are the time relations) so no clear conclusions can be drawn on this issue. But a third of the respondents thought, that using LadyBalance vaginal tablets had helped them against recurrent bladder infection.

Vaginal disorders – try www.ladybalance.dk

Reference: Gilbert NM, O'Brien VP, Lewis AL (2017) Transient microbiota exposures activate dormant *Escherichia coli* infection in the bladder and drive severe outcomes of recurrent disease. *PLoS Pathog* 13(3): e1006238. doi:10.1371/journal.ppat.1006238

Svare JA, Schmidt H, Hansen BB, Lose G (2006): Bacterial vaginosis in a cohort of Danish pregnant women: prevalence and relationship with preterm delivery, low birthweight and perinatal infections. *BJOG* DOI: 10.1111/j.1471-0528.2006.01087.x