



Reproductive health
Vaginal microbiome test

Name

Date:DD.MM.YYYY

screen*me*

Results Summary

Dear,

Thank you for choosing ScreenMe. We have completed screening your vaginal microbiome sample for all bacteria. In this report, you will find a summary of all the identified species and their classification.

We have prepared a detailed report that covers all relevant information regarding your screening, including any identified issues, recommended actions, and additional insights. This report will provide a more comprehensive understanding of your screening outcomes.

Parameters		Results	
1	Dysbiosis	-ve	Optimal
2	Vaginal community state type	Type I	Optimal
3	Vaginal microbiome diversity score	0.60	Optimal
4	Vaginal bacterial composition	<ul style="list-style-type: none"> • Lactobacillus (useful bacteria)– 96.65% • Commensals (other bacteria)-0.31% • Pathogens & pathobionts (harmful bacteria) – 0.06% 	
5	Vaginal bacterial abundance (bacteria/ml)	4,771,989,000=4.77E+09	High
6	Vaginal yeast abundance (yeast/ml)	9,000=9.00E+03	Above Average
7	Candida presence	-ve	

Key	
Bacterialand abundance	This is the absolute measure of the number of bacterial genomes per ml of sample. This is expressed at the specific number and the scientific format of power of 10. Ie. 13,450,354 = 1.3E+7
High bacterial load	> 1E+7
Medium bacterial load	1E+5-1E+7
Low bacterial load	<1E+5

1 Vaginal community state type

Your Community State Type is:
Type I
Optimal

Community State Type: This is a classification of the vaginal microbial community. Different Types are strong indicators of vaginal health and comfort, reproductive health, fertility and other immune factors such as susceptibility to infections and STDs.

Your Community State Type: Your Community State Type 1 is dominated by beneficial Lactobacillus bacteria. The dominant strain is Lactobacillus crispatus and Gallinarum . This community type is ideal and shows the most resilience and stability. People with a CST I have a lower risk of infections like vaginosis, stronger immune response to sexually transmitted infections (STIs), including chlamydia and an increased chance of full-term delivery.



3 Vaginal microbiome diversity

Your Diversity score is: **Optimal**

Result
0.60

Range
<4*



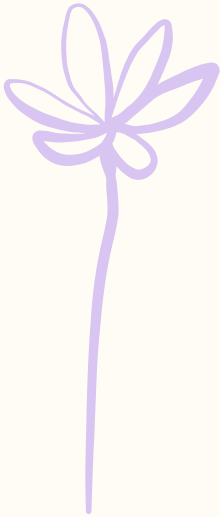
- Vaginal health is typically associated with low microbial diversity. Especially when it is also associated with the dominance of Lactobacillus species, it indicates a balanced vaginal microbiome.
- When the diversity increases, the vaginal microbiome is out of balance (dysbiosis).
- An imbalanced microbiome can predispose you to bacterial vaginosis (BV) and put you at higher risk of contracting urinary tract infection (UTI) or sexually transmitted infection (STI)
- Often, vaginal microbiome balance is controlled by your levels of oestrogen. Low levels of oestrogen may lead to higher diversity.
- *An overgrowth of lactobacillus which reduces the diversity of the vaginal microbiome, may also lead to cytolytic vaginosis in some women. This will be discussed in your consultation.



04a Detailed bacterial compositions

Lactobacillus Qty(%)*

Genus	Relative quantity	Absolute quantity/per ml
Lactobacillus;s__crispatus	99.55	4.75E+09
Lactobacillus;s__iners	0.1	4.77E+06



Our labs are subject to rigorous quality systems based on Good Laboratory Practice (GLP), Clinical Laboratory Improvement Amendments (CLIA) regulations and College of American Pathologist (CAP) standards



screenMe Scientific



Key	
Bacterialand abundance	This is the absolute measure of the number of bacterial genomes per ml of sample. This is expressed at the specific number and the scientific format of power of 10. Ie. 13,450,354 = 1.3E+7
High bacterial load	> 1E+7
Medium bacterial load	1E+5-1E+7
Low bacterial load	<1E+5

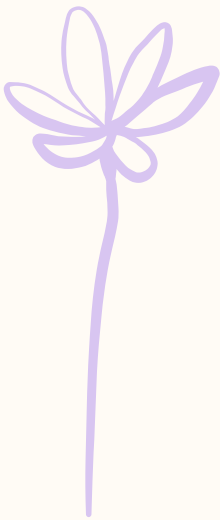
Disclaimer: This test was developed by ScreenMe Scientific and carried out by partner NGS labs. This test is not diagnostic or intended for any use relating to diagnosing, preventing, curing, treating or mitigating diseases or medical conditions. The information and data provided in this document will not replace the healthcare system's precision health practices or any physician's duty of care or advice.

*percentage relative to the client's entire vaginal bacterial microbiota

04a Detailed bacterial compositions

Opportunistic bacteria and pathogens

Genus	Relative quantity	Absolute quantity/ per ml
Helcococcus;s__sp31256	0.01	4.77E+05
Peptoniphilus;s__coxii	0.01	4.77E+05
Peptoniphilus;s__grossensis	0.03	1.43E+06
Oligella;s__urethralis	0.01	4.77E+05



Our labs are subject to rigorous quality systems based on Good Laboratory Practice (GLP), Clinical Laboratory Improvement Amendments (CLIA) regulations and College of American Pathologist (CAP) standards



screenMe Scientific



Key	
Bacterialand abundance	This is the absolute measure of the number of bacterial genomes per ml of sample. This is expressed at the specific number and the scientific format of power of 10. I.e. 13,450,354 = 1.3E+7
High bacterial load	> 1E+7
Medium bacterial load	1E+5-1E+7
Low bacterial load	<1E+5

All bacteria categorised as pathogenic or pathobiont are highlighted in orange. All other bacteria over 1% also highlighted in orange.

Clinicians and practitioners should refer to the appendix at the back of this report for guidance on the analysis and categorisation methods used in this report.

Disclaimer: This test was developed by ScreenMe Scientific and carried out by partner NGS labs. This test is not diagnostic or intended for any use relating to diagnosing, preventing, curing, treating or mitigating diseases or medical conditions. The information and data provided in this document will not replace the healthcare system's precision health practices or any physician's duty of care or advice.

*percentage relative to the client's entire vaginal bacterial microbiota

5 Vaginal yeast abundance

Absolute genome copies/ul

Above Average

Result

9,000

Average range

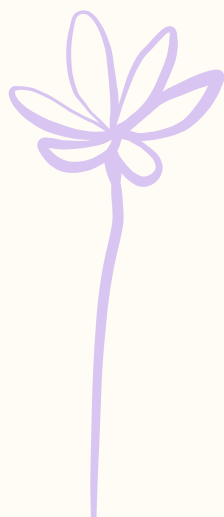
<1000



- Absolute abundance of yeast is measured by looking at the number of yeast genetic material per ul of sample
- When the yeast absolute abundance is increased, it may indicate an overgrowth of yeast in the vaginal microbiome
- Increased yeast growth can predispose you to vulvovaginal candidiasis and symptoms of thrush.
- Often, vaginal yeast levels are affected by your levels of estrogen. High levels of estrogen may lead to yeast overgrowth.
- If your absolute yeast levels are higher than average, please refer to the yeast species in section 4b for relative levels of specific yeast strains, allowing more accurate treatment where necessary.



05b Detailed yeast com compositionposition



Yeast	Qty(%)*	
-------	---------	--

Genus	Relative quantity	Absolute quantity/per ml
Not Identified*	27.33	2.46E+03
Agaricomycetes;o__NA;f__NA;g__NA;s__NA	21.32	1.92E+03
Malassezia;s__restricta	15.02	1.35E+03
Penicillium;s__NA	14.15	1.27E+03
Malassezia;s__globosa	12.88	1.16E+03
Filobasidium;s__uniguttulatum	9.3	8.37E+02

*Indicate that the species has not been classified and therefore cannot be named

Our labs are subject to rigorous quality systems based on Good Laboratory Practice (GLP), Clinical Laboratory Improvement Amendments (CLIA) regulations and College of American Pathologist (CAP) standards



ScreenMe Scientific



All Candida and Aspergillus are highlighted in orange.

Disclaimer: This test was developed by ScreenMe Scientific and carried out by partner NGS labs. This test is not diagnostic or intended for any use relating to diagnosing, preventing, curing, treating or mitigating diseases or medical conditions. The information and data provided in this document will not replace the healthcare system's precision health practices or any physician's duty of care or advice.

*percentage relative to the client's entire vaginal bacterial microbiota



screen*me*

For a healthier happier you



@screenmewomen



www.screenme.co.uk