The Emotional Toll of BV

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Bacterial Vaginosis (BV) – caused by an overgrowth of normal bacteria – is the most common vaginal infection among childbearing women. If you’ve ever experienced a BV infection, you’re well aware of the primary symptom – a grayish-white, “fishy” smelling discharge that can be uncomfortable and also affect your mood, self esteem and desire to be social.

In fact, many women report feeling slightly depressed during the five to seven days it typically takes to resolve BV symptoms. This makes sense because avoiding intimacy is quite common among BV sufferers. Of course, BV is not considered a sexually transmitted infection, but there’s still the concern that it could be passed back and forth between partners. Plus, making love can often cause discomfort for women with BV.

BV is also a highly-recurrent condition and requires many women to take frequent, multiple doses of antibiotics, often with uncomfortable side effects. Some studies have reported a 15% to 30% recurrence rate within three months and up to an 80% recurrence rate within six months. Needless to say, this cycle can cause frustration and distress, which can easily lead to emotional and psychological strain.

Risk Factors for BV

Women frequently ask about ways they can help prevent the development of a BV infection. In addition to sex and menstruation, other factors that increase the risk of BV – due to the potential disruption of pH and bacterial imbalance – may include the following:

- Frequent douching or washing with soap
- Use of perfumed intimate products
- Use of birth control pills, which may increase the frequency of BV infections
- Use of IUD’s, which may create “foreign bodies” and vaginal environments more favorable to an overgrowth of bacteria
- Being overweight
- Stress

It’s important to keep in mind, however, that women can do everything “right” and still get a BV infection. Following the healthiest habits in the world may not keep BV away – and that can be extremely frustrating.

You’re Not Alone

The most reassuring message if you’re a chronic BV sufferer is: you are not alone. There are thousands of women in the same position. Having BV does not mean there’s something wrong with you or that you are inherently different from other women. It definitely does not mean that you’re not attractive, lovable and desirable. Although BV can affect relationships over time because it can be embarrassing and difficult to discuss with a partner, it’s very important that you try to discuss it and share your feelings.
**You Have Options**

For the first time, relief from the symptoms of BV can be found at your local store, no appointment required. **vH Essentials Homeopathic BV Treatment** is a homeopathic medicine for BV that offers women an over the counter alternative for relieving BV symptoms, including unpleasant odorous discharge. It is intended for women who have been previously diagnosed with BV and recognize the same symptoms, and it is not for yeast infection or other vaginal condition. vH Essentials Homeopathic BV Treatment can be found in the feminine care isle at most major drug stores. Or, you can simply visit [www.vHessentials.com](http://www.vHessentials.com).

It’s very empowering to know there are now self-treatment options available. However, if you are experiencing symptoms for the first time or if vH essentials Homeopathic BV Treatment does not resolve your symptoms, a doctor must be consulted to confirm a diagnosis and appropriate treatment.

**Take Home Message**

Although BV is the most common recurring vaginal infection among childbearing women, women do not have to suffer. Be proactive with your health. Practice good communication skills with your partner. Learn about your treatment options. But, most importantly, know that you’re not alone and you don’t have to let BV recurrences take a toll on your emotions!