

Evvy Vaginal Health Test

Patient Name: [REDACTED]
Test ID: [REDACTED]
Sample taken on: [REDACTED]

Microbiome Summary

Based on your patient's results and symptoms, an Evvy-affiliated clinician has diagnosed them with **Bacterial Vaginosis**.

BREAKDOWN OF MICROBES IDENTIFIED

The Community State Type (CST) associated with these results is **Type 4-B**.



SYMPTOMS NOTED AT SAMPLE COLLECTION

- Thin, gray discharge
- Fishy odor
- Pain with sex
- Cyclical
- Sex-related

RELEVANT CONTEXT FROM HEALTH HISTORY

- History of BV
- History of yeast infections

MICROBIOME DIAGNOSIS

An Evvy-affiliated clinician has provided this information based on the patient's results and reported symptoms from [REDACTED]

- Bacterial Vaginosis** N76.0 **POSITIVE**

Bacterial vaginosis (BV) is a type of vaginitis that occurs when disruptive (anaerobic) bacteria overgrow in your vaginal microbiome. When diagnosing a patient with BV, Evvy-affiliated clinicians typically look for over 2% BV-associated bacteria (or PCR presence of key BV pathogens) alongside known BV symptoms, such as fishy odor, thin gray discharge, and irritation. This infection is common and treatable — 30% of people with vaginas have BV each year.

References: [About Bacterial Vaginosis](#) [What is BV?](#) [What is the Vaginal Microbiome?](#)
- Aerobic Vaginitis** N76.0 **NEGATIVE**

Aerobic Vaginitis (AV) is a type of vaginitis that occurs when disruptive (aerobic) bacteria overgrow in your vaginal microbiome. When diagnosing a patient with AV, Evvy-affiliated clinicians typically look for greater than 2% AV-associated bacteria in combination with AV-associated symptoms. AV symptoms often include redness, swelling, inflammation, pain with sex, thick yellow discharge, and rotten odor. Research suggests 7-12% of people with vaginas experience AV. Due to how frequently vaginal infections are misdiagnosed, many clinicians believe conditions like AV are more common than research suggests.

References: [A comprehensive guide to Aerobic Vaginitis](#) [What is the Vaginal Microbiome?](#) Donders 2003

● **Yeast Infection**

B37.31

NEGATIVE

Yeast infections occur when there is an overgrowth of *Candida* in the vaginal microbiome. Evvy-affiliated clinicians typically diagnose a patient with a yeast infection when they have candida in their results and present with known symptoms of a yeast infection such as itching, redness, soreness, pain with sex, yeasty smell, and thick, clumpy, white discharge. Yeast infections are common and treatable — up to 75% of people with vaginas will get a yeast infection at least once in their lifetime.

References: [Vulvovaginal Candidiasis](#)

[What is a yeast infection?](#)

[What is the Vaginal Microbiome?](#)

Evvy Vaginal Health Test

Patient Name: [REDACTED]
Test ID: [REDACTED]
Sample taken on: [REDACTED]

Microbiome Summary

MICROBIOME DIAGNOSIS

An Evvy-affiliated clinician has provided this information based on the patient's results and reported symptoms from [REDACTED].

● Chlamydia

A56.9

N/A

We did not test for Chlamydia. STI testing requires Expanded PCR Panel add-on.

Chlamydia is a bacterial STI that often has no symptoms but can cause inflammation in the cervix and disrupt the microbiome.

It is important for you to treat a detected STI as soon as possible. Leaving STIs untreated can have serious health implications.

● Gonorrhea

A54.9

N/A

We did not test for Gonorrhea. STI testing requires Expanded PCR Panel add-on.

Gonorrhea is a bacterial STI that can infect the cervix, disrupt the microbiome, and cause inflammation.

It is important for you to treat a detected STI as soon as possible. Leaving STIs untreated can have serious health implications.

● Mycoplasma genitalium

A49.3

N/A

We did not test for Mycoplasma genitalium. STI testing requires Expanded PCR Panel add-on.

Mycoplasma genitalium is a bacterial STI that can infect the cervix and endometrium, causing inflammation.

It is important for you to treat a detected STI as soon as possible. Leaving STIs untreated can have serious health implications.

● Trichomonas

A59.9

N/A

We did not test for Trichomonas. STI testing requires Expanded PCR Panel add-on.

Trichomoniasis is a parasitic STI that can cause vaginal irritation, increased discharge, and microbiome imbalances.

It is important for you to treat a detected STI as soon as possible. Leaving STIs untreated can have serious health implications.

Patient
[REDACTED]

Specimen
Swab

Physician
[REDACTED]

Test ID
[REDACTED]

DOB
[REDACTED]

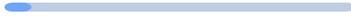
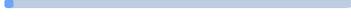
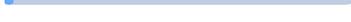
Sample taken
[REDACTED]

Physician NPI
[REDACTED]

Completed
[REDACTED]

Evvy Vaginal Health Test

Key Vaginal Microbes Detected

MICROBE	RELATIVE ABUNDANCE [1]	GRAM STAIN [2]
Gardnerella vaginalis	49% 	+
Fannyhessea (Atopobium) vaginae	24% 	+
Prevotella timonensis	8% 	-
Megasphaera lorae	8% 	N/A
Lactobacillus iners	4% 	+
Gardnerella piovii	2% 	+
Gardnerella swidsinskii	1% 	+
Sneathia vaginalis (amnii)	1% 	-

[1] Relative abundance refers to the relative amount of a microbe, as determined by metagenomic sequencing (mNGS). Reported for clinically correlated organisms present above a relative abundance threshold of 0.75% with 93.9% sensitivity, 94.1% specificity.

[2] Gram Stain was not performed in laboratory. This information came from reference or published literature. Gram stain for each microbe is reported as gram-negative (-), gram-positive (+), unknown (U), or not applicable (N/A).

Some microbes are excluded from this report due to a lack of known clinical correlation. For more information, view the Methods & Limitations.

[REDACTED]

[REDACTED]

Patient
[REDACTED]

DOB
[REDACTED]

Specimen
Swab

Sample taken
[REDACTED]

Physician
[REDACTED]

Physician NPI
[REDACTED]

Test ID
[REDACTED]

Completed
[REDACTED]

Evvy Vaginal Health Test

Key Vaginal Microbes **Not Detected**

MICROBE	STATUS [1]
Candidatus Lachnocurva vaginae (BVAB-1)	Not Detected
Candida glabrata	Not Detected
Candida albicans	Not Detected
Candida parapsilosis	Not Detected
Candida tropicalis	Not Detected
Enterococcus faecalis	Not Detected
Escherichia coli	Not Detected
Gardnerella leopoldii	Not Detected
Klebsiella pneumoniae	Not Detected
Lactobacillus crispatus	Not Detected
Lactobacillus gasseri	Not Detected
Lactobacillus jensenii	Not Detected
Lactobacillus mulieris	Not Detected
Lactobacillus paragasseri	Not Detected

MICROBE	STATUS [1]
Magaeibacillus indolicus	Not Detected
Metamycoplasma (Mycoplasma) hominis	Not Detected
Mobiluncus curtisii	Not Detected
Mobiluncus mulieris	Not Detected
Prevotella amnii	Not Detected
Prevotella bivia	Not Detected
Prevotella buccalis	Not Detected
Sneathia sanguinegens	Not Detected
Staphylococcus aureus	Not Detected
Streptococcus agalactiae (group B)	Not Detected
Ureaplasma parvum	Not Detected
Ureaplasma urealyticum	Not Detected

[1] Detection reported for the presence of organisms detected above a relative abundance threshold of 0.75%. The sensitivity and specificity in identifying the reported organisms was 93.9% and 94.1%, respectively.

Some microbes are excluded from this report due to a lack of known clinical correlation. For more information, view the Methods & Limitations.



Patient

[REDACTED]

DOB

[REDACTED]

Specimen

Swab

Sample taken

[REDACTED]

Physician

[REDACTED]

Physician NPI

[REDACTED]

Test ID

[REDACTED]

Completed

[REDACTED]

Methods

The Evvy Vaginal Health Test is a laboratory developed test that was developed and validated by the CLIA #45D1086390 and CAP #7214171 accredited high complexity U.S. laboratory and holds permit PFI 9433 and test approval from the New York State Clinical Laboratory Evaluation Program (NYS CLEP).

The test is performed on microbial DNA that is extracted from the vaginal swab sample and sequenced using shotgun metagenomics next-gen sequencing (mNGS). DNA sequencing methods are used to identify the microorganisms' genetic signatures and the estimated percentage (relative abundance) of organisms present in the specimen.

The Evvy Vaginal Health Test screens for all bacteria and fungi that have been isolated from the urogenital tract, excluding reportable organisms (e.g. STIs). The organisms are reported based on their relative abundance. The test reports the presence of organisms detected above a relative abundance threshold of 0.75%. The sensitivity and specificity of the Vaginal Health Test in identifying the reported organisms was 93.9% and 94.1%, respectively.

Microbes that have not been individually validated and/or do not have known clinical correlations are not included in the front page lab report. Remaining microbes detected can be found in the detailed, supplemental report.

Results & Interpretation

This report is intended to provide a snapshot of the composition of the microbiome at a single time point, including information detailing the relative abundance of bacteria and fungi detected.

Please note that the presence of a potentially-pathogenic bacteria, by itself, is not diagnostic of a disease state. Evvy's Vaginal Health Test is intended to provide additional information for a clinician to use in the context of other clinical signs and symptoms to aid in patient management decisions.

Limitations

It is important that the collection, transport, and storage of samples be performed in accordance with provided instructions as poor sample quality may adversely affect the accuracy of results.

The Evvy Vaginal Health Test does not test for any sexually transmitted infections (e.g. Gonorrhea, Chlamydia, Trichomoniasis, Syphilis, HIV) and is not intended for use as a screening or diagnostic test for STIs. Patients presenting with symptoms of an STI should seek care by a medical provider for a physical exam and further testing. This test is not a substitute for a PAP smear or annual exam.

This test may not detect all organisms related to a given disease or condition. Reference ranges have not yet been established for all organisms detected in the vaginal microbiome. The interpretation of these results may change as more is learned about which microbes are related to a given disease.

Evvy's Vaginal Health Test is a Laboratory Developed Test (LDT) and has not been reviewed by the Food and Drug Administration.

DISCLAIMER: (i) This test was developed, and performance characteristics have been determined by CLIA #45D1086390 and CAP #7214171. It has not been cleared or approved by the U.S. Food and Drug Administration (FDA); however, the FDA has determined that such clearance or approval is not necessary. This test is used for clinical purposes. Its use should not be regarded as investigational or for research. This laboratory is certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA 88) as qualified to perform high complexity clinical laboratory testing. (ii) A negative result does not rule out the presence of PCR inhibitors, or DNA extraction inhibitors such as lidocaine, in patients' specimens or microbial DNA concentrations below the level of detection of the assay. (iii) This test is performed pursuant to an agreement with Roche Molecular Systems, Inc. (iv) Relative quantitation of swabs refers to analyte load levels of $<10^5$, 10^5 to 10^7 , and $>10^7$ for low, medium and high respectively.

If you have any questions for our clinical team, please contact us at providers@evvy.com.

[REDACTED]

[REDACTED]

Evvy Expanded Vaginal Health Test

Patient Name: 
Test ID: 
Sample taken on: 

Next Steps to Consider

Below is the list of steps to consider that were presented to the user based on their results, symptoms, and the published literature. *Please note: while Evvy has included potential interventions and associated research sources below for your consideration, Evvy is not a healthcare provider and all treatment decisions will remain at all times solely within the professional, clinical judgment of you or the patient's healthcare provider.*

GOAL	STEP TO TAKE	DESCRIPTION
Reduce Disruptive	1. Talk to your doctor about boric acid	<p>Research suggests that some of the disruptive microbes found in your vaginal microbiome can produce biofilm, a sticky web formed by disruptive microbes in order to resist treatment and keep a hold within your vagina. Many vaginal health experts believe that biofilm formation in the vaginal microbiome is one of the key reasons why vaginal infections persist and/or recur. To help break down any potential biofilm, you may want to talk to your doctor about boric acid. Boric acid is a home remedy that many individuals have used for years, with thousands of positive reviews online. That said, not everyone should use boric acid, and research suggests it's often a bandaid vs. a root cause solution. Additionally, research on boric acid is still emerging. It is recommended by the CDC for yeast infections caused by <i>Candida glabrata</i>, but there is minimal research regarding boric acid's impact on BV. That said, it is often used by clinicians because of its potential for disrupting biofilms. Please note: boric acid can exacerbate burning symptoms and may not be right for you if you have underlying vaginal atrophy or increased vaginal burning. Additionally, if you are trying to conceive, note that boric acid is NOT safe in pregnancy. You should always discuss new treatments with your provider to determine if they are appropriate for you.</p> <p><i>Reichman 2009, Surapaneni 2021, Orna 2009</i></p>
Reduce Disruptive	2. Talk to your doctor about reducing disruptive microbes	<p>Since you are experiencing symptoms, you may want to talk to your doctor about reducing the levels of disruptive microbes. One thing to note: varying microbes have different susceptibility to antibiotics. Your doctor is best suited to determine if (and which) treatment is right for you based on your specific microbiome, your history of infections, how you've responded to different antibiotics in the past, etc. We've linked the research on antibiotic treatment here in case that's helpful! PSA: if you are sexually active and your doctor does prescribe an antibiotic, research suggests that abstaining from sex while actively taking the antibiotic and using condoms during sex for 5-10 days after you finish the antibiotic can help keep infections away.</p> <p><i>de Backer 2006, Petrina 2017</i></p>

Promote Protective

3. Promote protective lactobacilli

Lactobacilli are protective bacteria that serve as the "local heroes" of the vagina. Research suggests that taking a probiotic rich in these strains of bacteria can give the lactobacilli an edge in repopulating in the vagina and increase the overall number of protective bacteria in your microbiome. However, not all probiotics are created equal. Many "vaginal probiotics" on the market do not include bacterial strains that are shown to positively impact the vaginal microbiome. Research on probiotics that include vaginally supportive strains have had consistently promising results. It is important to select a probiotic that includes strains that specifically target the vaginal microbiome, versus "typical" probiotics which focus on strains that are beneficial for the gut. Research suggests that brands that include one of the two combinations would be most effective, due to the results of these strains in research trials: - *L. rhamnosus* GR-1 and *L. reuteri* RC-14 - *L. rhamnosus* HN001, *L. acidophilus* GLA-14 + lactoferrin

[Russo 2018](#), [Jeng 2020](#)

Promote Protective

4. Consider taking lactoferrin

Lactoferrin is an iron-binding protein naturally made by your immune system that may inhibit the growth of harmful bacteria and promote the growth of *Lactobacillus*. You can consider taking Lactoferrin to provide your microbiome with additional support. Please note that lactoferrin contains dairy and is not suitable for vegans. You should always seek advice from a healthcare provider to ensure the appropriate dose and duration of use for you.

[Jeng 2020](#), [Valenti 2018](#)

Promote Protective

5. Promote a healthy vaginal microbiome with Vitamin D

Research has shown that taking vitamin D may be beneficial in promoting a transition to a healthy vaginal microbiome. You may want to consider taking vitamin D supplements in your efforts to shift your vaginal microbiome to a more optimal state.

[Taheri 2015](#), [Hensel 2011](#)

Maintenance

6. Retest to see if lactobacilli levels increase

After making the above changes to your vaginal care, you can retest in three months to see if your vaginal microbiome has rebalanced. Ideally, we hope to see your levels of disruptive microbes go down and levels of protective microbes increase. Across tests, we can start to understand how your vagina is changing across time and in response to different strategies.

Reduce Disruptive

7. Consider treatment for your male partner

Emerging research suggests that treating male partners for BV-associated bacteria may reduce the risk of recurrence in their female partners.

Male sexual partners can harbor BV-associated bacteria in their urethra, which can reinfect their female partners during sexual contact. Treating male partners may help prevent the cycle of reinfection, especially in cases of recurring BV. Now available for those eligible at evvy.com.

Evvy Expanded Vaginal Health Test

Patient Name: 

Test ID: 

Sample taken on: 

Next Steps to Consider (continued)

Below are additional steps to consider that were presented to the user based on their results, symptoms, and the published literature. *Please note: while Evvy has included potential interventions and associated research sources below for your consideration, Evvy is not a healthcare provider and all treatment decisions will remain at all times solely within the professional, clinical judgment of you or the patient's healthcare provider.*

STEPS TO CONSIDER	DESCRIPTION
Assess your period products	<p>Reassessing your period products (e.g. your choice of pads, tampons, menstrual cups, period panties, etc.) may be a useful exercise. Studies haven't identified a "best" period product for the vaginal microbiome yet, but switching things up could be worth a try if you are suffering. Research also shows imbalances in your vaginal microbiome may increase the risk of experiencing toxic shock syndrome, so if you use tampons, it can be helpful to stay vigilant about changing your tampon regularly!</p> <p><i>Chen 2017</i></p>
Consider pelvic floor therapy	<p>Pelvic floor physical therapy is a form of PT that focuses on relieving symptoms related to pelvic floor dysfunction. It has been shown to help with issues such as pelvic pain (vulvodynia), vaginismus, pain with sex (dyspareunia), and urine leakage. If you are experiencing vaginal pain, pelvic pain, or pain with sex, you may want to talk to your doctor about a pelvic floor therapist near you to see if pelvic floor physical therapy could help you reduce the pain or discomfort you are experiencing.</p> <p><i>Wallace 2019</i></p>
Consider condoms	<p>You probably knew using a condom helps reduce the risk of STIs, but research demonstrates that it can also significantly reduce your risk for vaginal infections. Condoms are useful for two key reasons. First, they can prevent disruptive microbes from entering the vaginal microbiome from your partner. They also prevent semen from entering the vagina, which is important because semen can disrupt your vaginal pH as well as carry its own bacteria (semen actually has more bacteria in it than sperm!). If you are dealing with an imbalance or infection, using condoms consistently may help. Remember to look for condoms, lubricant, and other substances that avoid spermicides, fragrances, nitrosamines, benzocaines, parabens, and glycerin, all of which may impact the vaginal microbiome (particularly yeast-related issues). Read more on condoms and infections here: link</p> <p><i>Fethers 2008, Hutchinson 2007, Jewanraj 2020, Farahani 2020</i></p>

Practice microbiome-safe sex

Research shows that sex is one of the biggest risks for vaginal infections such as BV, yeast infections, and UTIs — and there are steps you can take to protect your vaginal microbiome. Sex affects your microbiome in two key ways: mixing microbiomes and changing your vaginal pH — both of which can encourage the overgrowth of bad bacteria. This is particularly true when having sex with a new partner, with another person with a vagina, or having multiple partners. Practicing microbiome-friendly sex habits can have a tremendous impact on vaginal health. Specifically, using condoms where relevant can mitigate the risk of vaginal infections (FYI: semen has a higher pH than your vagina and actually contains more bacteria than sperm!). For specific vaginal health sex tips, read on here: [link](#)

[Hutchinson 2007](#), [Cherpes 2008](#), [Gajer 2012](#), [Lema 2018](#)

Gardnerella vaginalis DISRUPTIVE

49.64%

- *Gardnerella vaginalis* are Gram variable anaerobic bacteria that can be present in both healthy and disrupted vaginal microbiomes.
- When present in disrupted vaginal microbiomes, *Gardnerella* may be associated with bacterial vaginosis.
- It can also develop biofilm (a sticky, strong layer of infection cells) leading to difficult-to-treat BV. This biofilm created by *Gardnerella* often plays a role in helping other disruptive bacteria grow, such as *Atopobium* or *Prevotella*.
- Symptoms of the presence of this bacteria include abnormal discharge such as gray color or watery texture.
- Even though *Gardnerella* is one of the most commonly detected vaginal organisms, only in 2020 did we realize that it has enough genetic differences to be [broken into FOUR different species!](#)
- Up until now, we've treated them all the same and we don't know much about the different roles they play in the vagina yet. We will keep your results updated as we learn more!

Fannyhessea (Atopobium) vaginae DISRUPTIVE

24.27%

- *Fannyhessea vaginae* (previously named *Atopobium vaginae*) are Gram positive anaerobic bacteria associated with bacterial vaginosis.
- This bacteria may be associated with bacterial vaginosis (BV), and is often characterized by abnormal vaginal discharge, elevated pH, and inflammation.
- When *F. vaginae* teams up with *Gardnerella vaginalis*, they are usually viewed as prime suspects for BV.
- *G. vaginalis*' ability to form a biofilm (a sticky, strong layer of infection cells) makes it possible for *F. vaginae* to flourish as well as strengthen the biofilm layer. Together, they can be difficult to treat or fully get rid of.
- In 2018, [this microbe was reclassified](#) from *Atopobium vaginae* to *Fannyhessea vaginae* — but don't worry it is the same old *A. vaginae* that you know, just now with a new name!

Prevotella timonensis DISRUPTIVE

8.61%

- *Prevotella* are one of the most commonly found bacteria in the vagina, and *Prevotella timonensis* (*P. timonensis*) are the most well studied species within this group.
- While *P. timonensis* has been found in the vaginas of both in healthy and symptomatic women, research has shown that it may be associated with dysbiosis and biofilm creation.
- When vaginal pH increases (which can happen due to semen, menstrual blood, and vaginal infections), *P. timonensis* is able to flourish. Studies have shown *P. timonensis* may be more prevalent during menstruation due to this.
- Studies demonstrate that *P. timonensis* is one of the first BV-associated bacteria to increase prior to a BV diagnosis.
- Symptoms associated with *P. timonensis* include higher pH, degraded mucus, and odor.
- Research suggests that this bacteria produces specific compounds that can [contribute to vaginal malodor](#).

Megasphaera lornae DISRUPTIVE

8.14%

- *Megasphaera lornae* are Gram negative anaerobic bacteria associated with recurrent vaginitis.
- *Megasphaera* is commonly found in BV, and is even used as a biomarker for BV in PCR based tests.
- Research suggests that this bacteria produces specific compounds that can [contribute to vaginal malodor](#).
- Research into this organism is ongoing. We will keep your results updated as the science progresses.

Lactobacillus iners VARIABLE

4.49%

-

Lactobacillus iners (*L. iners*) is the most common lactobacilli found in the vaginal microbiome and can be found thriving alongside both protective and disruptive bacteria.

- *L. iners* take up space on the vaginal wall and produce L-lactic acid, both of which help limit the growth of pathogens.
- However, L-lactic acid is not the most effective at maintaining an acidic environment, so a higher number of *L. iners* are required in order to maintain a healthy pH and prevent infections.
- Consequently, *L. iners* may be less protective compared to the other *Lactobacillus* strains. To learn more see the [AskEvyv blog](#)

Gardnerella piotii DISRUPTIVE 2.65%

- *Gardnerella piotii* (Renamed from *Gardnerella vaginalis*) are Gram variable anaerobic bacteria that can be present in both healthy and disrupted vaginal microbiomes.
- When present in disrupted vaginal microbiomes, *Gardnerella* may be associated with bacterial vaginosis.
- It can also develop biofilm (a sticky, strong layer of infection cells) leading to difficult-to-treat BV. This biofilm created by *Gardnerella* often plays a role in helping other disruptive bacteria grow, such as *Atopobium* or *Prevotella*.
- Symptoms of the presence of this bacteria include abnormal discharge such as gray color or watery texture.
- Even though *Gardnerella* is one of the most commonly detected vaginal organisms, only in 2020 did we realize that it has enough genetic differences to be [broken into FOUR different species!](#)
- Up until now, we've treated them all the same and we don't know much about the different roles they play in the vagina yet. We will keep your results updated as we learn more!

Gardnerella swidsinskii DISRUPTIVE 1.3%

- *Gardnerella swidsinskii* (Renamed from *Gardnerella vaginalis*) are Gram variable anaerobic bacteria that can be present in both healthy and disrupted vaginal microbiomes.

- When present in disrupted vaginal microbiomes, *Gardnerella* may be associated with bacterial vaginosis.
- It can also develop biofilm (a sticky, strong layer of infection cells) leading to difficult-to-treat BV. This biofilm created by *Gardnerella* often plays a role in helping other disruptive bacteria grow, such as *Atopobium* or *Prevotella*.
- Symptoms of the presence of this bacteria include abnormal discharge such as gray color or watery texture.
- Even though *Gardnerella* is one of the most commonly detected vaginal organisms, only in 2020 did we realize that it has enough genetic differences to be [broken into FOUR different species!](#)
- Up until now, we've treated them all the same and we don't know much about the different roles they play in the vagina yet. We will keep your results updated as we learn more!

Sneathia vaginalis (amnii) DISRUPTIVE 0.9%

- Scientists have had a hard time studying the pathogenic potential of *Sneathia* since it is hard to detect in the typical, culture-based testing.
- Research has shown that *Sneathia* may be associated with bacterial vaginosis, as well as other vaginal infections.
- There are two main species of *Sneathia* - *S.vaginalis* and *S.anguinegens*, and most people will only have one or the other of these strains.
- It is associated with inflammation and may be resistant to many common antibiotics.
- Research has shown that it may travel up the uterine cavity to the amniotic fluid in pregnant women.
- In 2021, this microbe was reclassified from *S. amnii* to *S. vaginalis* — but don't worry it is the same old *Sneathia* that you know, just now with a new name!