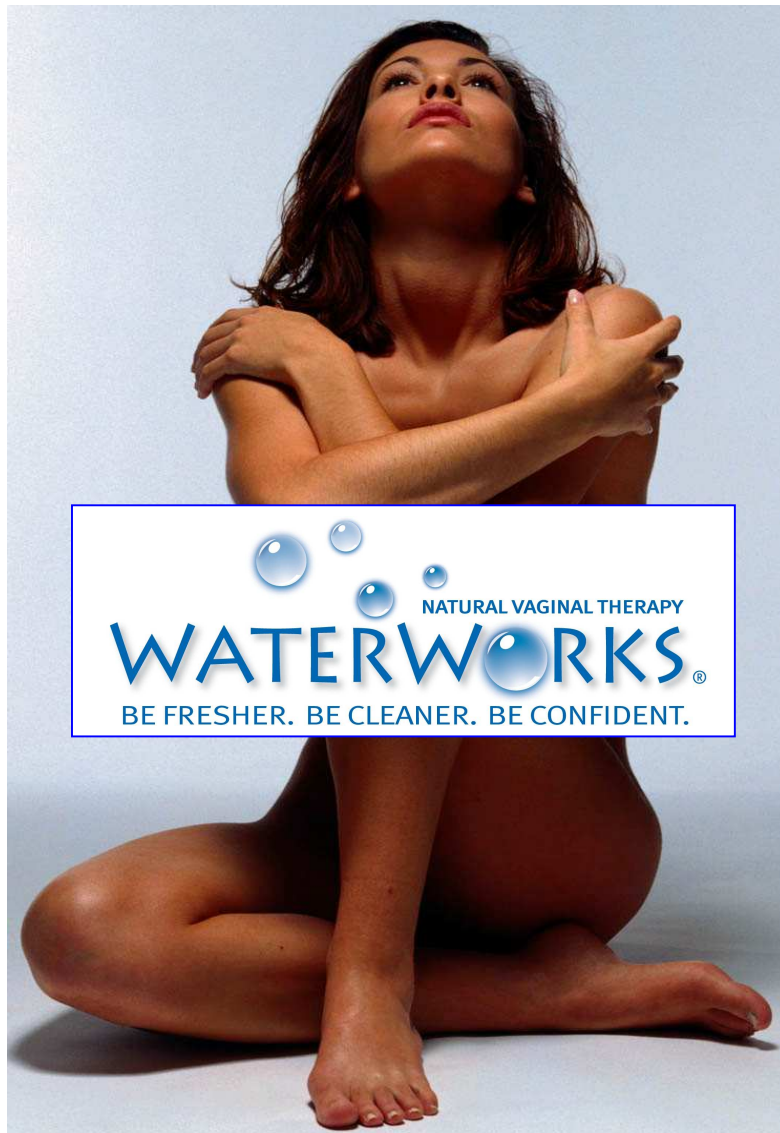


# Understanding Vaginal Health



## The Basics of Vaginal Health

In order to understand vaginal health, it's important to know what is the normal environment of a woman's vagina. Various types of bacteria exist within the vagina. The word flora refers to the quantity and various types of micro-organisms such as bacteria or fungi (yeast) found in the vagina. In a healthy vagina, the flora is in proper balance, that is, good bacteria (lactobacilli) greatly outnumber bad bacteria and yeast. The lactobacilli produce lactic acid, which creates an acidic environment and keeps the quantity of bad bacteria in check.

### The delicate balance of the vagina can be upset by:

- Harsh commercial douches that tend to kill off the lactobacilli, allowing over-growth of bad bacteria.
- Growth of bad bacteria due to poor hygiene.
- Sexual activity, because semen causes the pH levels to rise, encouraging bad bacteria to grow.
- Wearing tight or damp clothing for long periods of time, which encourages yeast to grow faster than lactobacilli.
- Incorrectly treating a vaginal infection, such as Bacterial Vaginosis, with medication meant to treat yeast infections.

## What is Bacterial Vaginosis?

Bacterial Vaginosis is the most common type of vaginal infection. It may cause itching, burning and abnormal discharge, as well as an unpleasant vaginal odor that is often described as "fishy". Symptoms may be present constantly or they may appear from time to time.

There are times, though, when an infection exists without symptoms. A recent study indicates that 1 out of every 4 women has Bacterial Vaginosis, yet half of the infected women have no symptoms.

## What is a Yeast Infection?

In addition to bacteria, fungi (yeast) organisms are present in a healthy vagina in small quantities. Because they thrive in acidic environments, yeast may sometimes grow to unhealthy levels in the vagina, resulting in a yeast infection. Yeast infections are the second most common vaginal infection and are often accompanied by symptoms such as itching, burning and abnormal discharge.

## Common Misconceptions about Vaginal Infection

Today there are many misconceptions about vaginal health and the occurrence of infection. More than 10 million women visit their healthcare providers each year because of a vaginal infection. Typically these women are given a pap smear, which, unfortunately, does not routinely screen for Bacterial Vaginosis or yeast infections. Thus, they are not being checked for the most common type of vaginal infections facing women today.

**MYTH #1: Bacterial Vaginosis is not a serious infection, so it's OK if it goes unchecked.**

**FACT:** If left untreated, Bacterial Vaginosis can lead to other serious health problems. Researchers have linked the presence of bacterial vaginosis with increased incidence of cervical cancer, increased risk of sexually transmitted disease and HIV.

Bacterial Vaginosis is a bacterial infection, but it is treatable. After it is properly diagnosed, the infection can be treated with antibiotic or other medical therapies.

Treatments used to be 90+% effective and are now less than 50% effective. Additionally, the vaginal infections become reoccurring infections in many women. All treatments come with undesirable side effects.

**MYTH #2: All Vaginal odor is normal.**

**FACT:** All women have a vaginal scent that is normal for them; this scent may change throughout a woman's menstrual cycle, becoming stronger and milder at times. Having a vaginal scent is normal and not considered a problem in itself. However, if a woman notices that her normal scent suddenly changes, becomes much stronger, or seems foul, it may be an indication of an infection or other medical problem.

Studies show that 80% of women do not recognize the signs and symptoms of Bacterial Vaginosis. Strong vaginal odor, often described as "fishy", is one of the most common symptoms of this infection. Other symptoms include itching, burning and abnormal discharge.

Vaginal odor can embarrass women to the point that it affects their relationships and personal lives – and may even dampen their desire for intimacy. At the onset of vaginal odor women should first see their doctor to rule out a vaginal infection.

**MYTH #3: All vaginitis or vaginal infections are yeast infections.**

**FACT:** Each type of vaginal infection requires its own specific treatment. Unfortunately, the various symptoms of infection are not recognized by most women, and frequently the infection is not accurately diagnosed by doctors. Too often, healthcare providers and patients incorrectly assume the presence of a yeast infection and seek relief from over-the-counter yeast medication. Sales of anti-yeast medications have reportedly doubled to 25 million units annually since over-the-counter products have become available. In fact, a recent study of 1000 American women who purchased anti-yeast medication showed that only 28% actually had a yeast infection. The other 72% of women had Bacterial Vaginosis. Over \$700,000 is wasted annually on yeast medication by women who do not have yeast infections.

Using an incorrect medication can often worsen the actual condition. Introducing an anti-yeast medication in the absence of a yeast infection results in abnormal vaginal flora after only one day. After five days of using the medication, the good bacteria (lactobacilli) are almost totally eliminated, which makes the underlying bacterial infection even more severe.

**MYTH #4: Doctors routinely check patients for vaginal infection.**

**FACT:** Most women receive pap smears and pelvic exams on an annual basis, yet unfortunately, these tests do not provide a completed vaginal health check-up. Typically they do not screen for infections such as Bacterial Vaginosis and yeast infection. A recent survey showed that only 50% of women reported that their doctor had screened for vaginal infections during routine examinations. The fact is that 50% of the time BV has few or no symptoms and is often ignored by physicians.

A recent trend in healthcare is to diagnose vaginal infection over the telephone. Telephone diagnosis has tripled over the past 5 years, yet one study found that these diagnoses were incorrect 50% of the time.

## Staying in Control of Vaginal Health is Easy...

- **Flush the vagina with water on a regular basis**

Use a safe douching system such as the WaterWorks cleansing system or a bidet to cleanse the vagina. Do not use douches with harsh chemicals that can upset the vaginal flora or deodorants that irritate and cover up the problem. A bidet does not have the odor reducing or elimination effect that WaterWorks has been proven to have.

- **Practice sexual hygiene**

Use condoms to prevent the introduction of semen into the vagina and preserve a healthy vaginal balance or, rely on the WaterWorks cleansing system to flush the semen out of the vagina following sexual intercourse. It's best to cleanse with WaterWorks within 8 hours after intercourse in order to remove the semen and overgrowth of bad bacteria. This will lower the pH and bring the vagina back into a good balance.



## WaterWorks® Cleansing System...

Is an all-natural, easy-to-use feminine cleansing system that was designed to minimize the risks currently associated with over-the-counter douching products.

### What does it do?

- It neutralizes odor by using only tap water and a medical-grade stainless steel nozzle.
- It safely and effectively cleanses the vagina of excessive vaginal secretions, over-growth of bacteria and fungi.

### Why just tap water?

- Using water alone is friendlier to vaginal flora rather than using harsh irritating chemicals or fragrances.
- Tap water is gentle on healthy vaginal flora.

### How does it work?

- Water is gravity fed to the medical-grade stainless steel nozzle (weighing 1 ounce) from a stylish, reusable, 32-ounce water container, ensuring a safe, low-pressure flow inside the vagina.
- The stainless steel and water react to neutralize odor. Stainless steel has been used for years in commercial kitchens to help chefs neutralize odor such as meat, fish, garlic and onion, that get on their hands while cooking.
- All components are reusable. You can use regularly without the recurring expense of disposable douches.
- WaterWorks is portable. You can take it with you when you are travelling. The whole system weighs less than eight ounces.

### Other Important Facts About The WaterWorks® Cleansing System

- WaterWorks has been clinically tested and proven safe and effective in neutralizing odor.
- The stainless steel nozzle (weighing 1 ounce) is more comfortable to use than plastic nozzles, which can pinch the vaginal tissue.
- WaterWorks has four (4) U.S. patents.

## Advantages of The WaterWorks® Cleansing System Over Traditional Douching Products

<p><b>Disadvantage of Traditional Douching Products:</b> With traditional douches, douching fluids stream upwards, causing bacteria to flow to the cervix along with the fluids. This can lead to pelvic inflammatory disease (PID).</p>	<p><b>Advantage of WaterWorks Cleansing System:</b> The patented design of the stainless steel WaterWorks nozzle allows water to flow gently downwards between the nozzle and the vaginal walls. This discourages the incidence of pelvic inflammatory disease (PID).</p>
<p><b>Disadvantage of Traditional Douching Products:</b> The tissues of the vaginal walls can involuntarily clamp down around traditional plastic nozzles and cause water to become trapped in the upper region of the vagina. This can lead to the occurrence of PID or other health issues.</p>	<p><b>Advantage of WaterWorks Cleansing System:</b> The WaterWorks stainless steel nozzle was specially designed with channels, which ensure that the tissues of the vaginal walls do not clamp down around the nozzle and cause water to become trapped in the upper region of the vagina. This decreases the risk of PID.</p>
<p><b>Disadvantage of Traditional Douching Products:</b> Bacteria grows easily on plastic douching nozzles making it harder to sanitize traditional nozzles between uses.</p>	<p><b>Advantage of WaterWorks Cleansing System:</b> The WaterWorks nozzle is made of medical-grade stainless steel and is designed specifically for eliminating vaginal odor. WaterWorks has a special surface-finish that prevents bacteria from sticking, so bacteria simply slide off and are easily washed away. WaterWorks is easily cleaned with soap and water and is reusable.</p>
<p><b>Disadvantage of Traditional Douching Products:</b> Plastic douche nozzles are uncomfortable to use and can pinch vaginal tissue.</p>	<p><b>Advantage of WaterWorks Cleansing System:</b> The medical-grade stainless steel nozzle glides smoothly and comfortably without pinching.</p>

For Customer  
Service Please Call:  
1-866-525-1969  
Or visit our website:  
[www.waterworkshealth.com](http://www.waterworkshealth.com)

# Every Day Millions of Women Use Deodorant and Chemical Douches that Can Actually Promote Infection

When it comes to feminine hygiene, it's best to keep it simple and natural. No harsh chemicals or deodorants... simply a clean, healthy feeling that comes from just tap water. With WaterWorks, getting that fresh, clean feeling has never been easier... safely and effectively.

Douching is meant to bring about vaginal freshness and cleanliness. Instead, many douches on the market today provide the opposite results. They use chemicals that can upset the delicate balance of the vagina promoting over-growth of bad bacteria, and use deodorants that irritate and cover up the problem.

The WaterWorks cleansing system neutralizes odor and provides safe, effective feminine cleansing without the use of harsh deodorants or chemicals. WaterWorks uses **just tap water**, together with a **comfortable medical-grade stainless steel douche nozzle**. The stainless steel surface, when in contact with flowing water and the vaginal tissue produces a natural deodorizing and cleansing reaction. The highly polished, sanitary, medical-grade stainless steel finish allows bacteria to be easily washed away. WaterWorks unique patented design channels water in a safe, downward direction with gentle pressure for complete cleansing, while avoiding flow of fluids into areas that could trigger infection.

WaterWorks takes the guesswork out of feminine hygiene. The WaterWorks all natural, easy-to-use vaginal cleansing system promotes vaginal health and freshness.



  
NATURAL VAGINAL THERAPY  
**WATERWORKS**®  
BE FRESHER. BE CLEANER. BE CONFIDENT.