

ROLES OF LIFESTYLES AND CLINICAL PRESENTATION ASSOCIATED WITH RVVC AMONG WOMEN OF REPRODUCTIVE AGE IN NIGERIA

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Background:

Recurrent vulvovaginal candidosis (RVVC) is a clinical condition defined by a history of four or more acute inflammatory and culture-positive symptomatic episodes of vulvovaginal candidosis (VVC) in 12 months. This study aimed to map the frequency of and lifestyle-associated risk factors for RVVC among women of childbearing age in Nigeria.

Methods:

A prospective population-based cross-sectional study was conducted in all six geopolitical zones of Nigeria. Women of childbearing age (18-55) were recruited in two randomly selected local government areas of the selected states in Nigeria. The symptomatic or asymptomatic participants were given pre-tested, standardised symptoms, health, and lifestyle questionnaires. Data were analysed using IBM and SPSS version 26.0.

Results:

The mean age was 33.0 years \pm 9.0 (range = 18-55, IQR = 12). Of the enrolled 1198 women, 63.5% (761/1198) were symptomatic. The prevalence of participants with true RVVC in Nigeria was 15.8% (189/1198). Overall, the most common lifestyle associated with the RVVC was frequent sexual activities (OR (95%CI) = 1.4 (0.9 – 2.1; P = 0.14). Others included wearing synthetic underwear (22.7% vs 18.8%) (OR (95%CI) = 1.3 (0.95 – 1.69), P = 0.11); insertion of 'kayamata'(local herbs into the vagina) (OR (95%CI) = 1.1 (0.9 -1.5), P = 0.38) and over-washing of the vulva with soap and water. Clinical characteristics associated with RVVC include abnormal vaginal discharge RVVC (OR 3.9, 95% CI = 2.9 – 5.1; 79.6% vs 49.9%) and genital pruritus RVVC (OR 2.9, 95% CI = 2.5 – 4.2; 71.4% vs 41.5%). Others include dysuria, intermenstrual bleeding, and dyspareunia. Logistic regression showed that abnormal vaginal discharge is 75th times more likely to have RVVC.

Conclusions:

RVVC appears to be more common in Nigeria, with regional epidemiological differences. The most common behavioural risk factors associated with RVVC in Nigeria were over washing and frequent sexual activities.

Disclosure of Interest statement:

No pharmaceutical grants were received in the development of this study.
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