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Debunking Medical Myths: The Dangers Of Vaginal Douching

Madilyn Mason

Wayne State University School of Medicine, em3541@wayne.edu

Jesse Kato

Wayne State University School of Medicine, ez4549@wayne.edu

Samaah Saifullah

Wayne State University School of Medicine, gn3604@wayne.edu

Emmanuel Meram

Wayne State University School of Medicine, go3490@wayne.edu

Brandon Brown

Wayne State University School of Medicine, go6567@wayne.edu

See next page for additional authors

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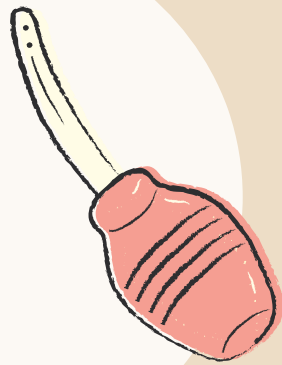
Madilyn Mason, Jesse Kato, Samaah Saifullah, Emmanuel Meram, Brandon Brown, and Hasti Nema

The Dangers of Vaginal Douching

Brown B., Kato J., Mason M., Meram E., Nema H., Saifullah S.
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What is Vaginal Douching?

Vaginal douching involves washing out the vagina with a mixture of water and other chemicals (ex. vinegar) to "clean" the area



Misconceptions

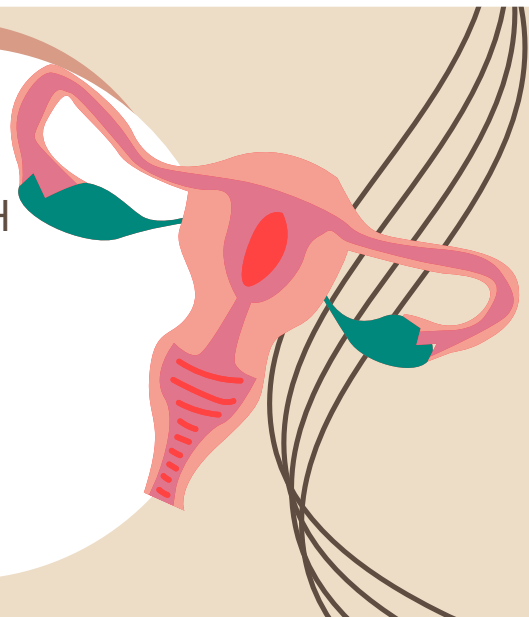
- ✗ Vaginal douching is good for hygiene
- ✗ Vaginas need to be cleaned internally
- ✗ Douching after sex can prevent STI/HIV infections
- ✗ Douching after sex can prevent pregnancy



Negative Effects

Vaginal hygiene products disrupt the pH balance and cause harm to the lining.

Vaginal douching prevents the growth of natural protective beneficial bacteria



Risks of STI's & Pregnancy

Vaginal douching is associated with higher occurrences of vaginal infection

Vaginal douching is not an effective contraception to prevent pregnancy



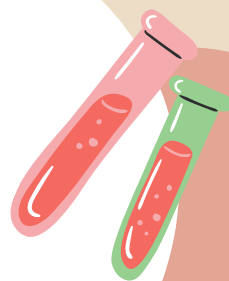
What does the research show?

Vaginal douching may weaken beneficial bacteria that help protect your health

Shown to be highly associated with pelvic inflammatory disease

Increased STI vs. non-douching

Reduced rates of consistent condom use



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