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· 临床研究 ·

细菌性阴道病菌群特点及感染因素分析*

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【摘要】 **目的** 研究细菌性阴道病菌群特点及相关因素分析。 **方法** 选取细菌性阴道炎的 145 例患者, 同时随机选取同期体验健康女性 100 例。采集所有病例阴道分泌物标本, 通过 Amsel 临床诊断及革兰染色 Nugent 评分法进行 BV 诊断。通过光学显微镜观察涂片染色标本, 对病例进行阴道微生态评价。对比两组病例资料进行细菌性阴道病相关因素分析。 **结果** 145 例 BV 患者主要临床症状为: 白带量明显增多、白带异味, 平均发病时间为 (67.5±105.6)d。性交痛明显 21 例, 外阴瘙痒 51 例。分泌物检测结果显示, 138 例患者 pH>4.5; 95 例患者分泌物呈灰白色、奶油状、质地稀薄; 76 例患者氨试验呈阳性; 145 例患者均显示线索细胞阳性。BV 患者乳杆菌密集度主要集中于 0~I 级, 占 98.62%。阴道加德纳菌密集度主要集中于 III~IV 级, 占 82.07%。动弯杆菌密集度主要集中于 I~II 级, 占 6.90%; 非 BV 患者检出率 0.00%。BV 患者其他细菌密集度主要集中于 I~II 级, 占 46.90%。采用 Ridit 分析两组乳杆菌密集度、阴道加德纳菌密集度、动弯杆菌密集度、其他细菌密集度, 差异具有统计学意义 ($P<0.05$)。BV 患者优势菌为阴道加德纳菌/普雷沃菌, 非 BV 患者以乳杆菌为优势菌。分析两组间初次性生活年龄、经期日更换卫生巾频率、文化水平、每周性生活次数、是否使用避孕套、清洗外阴习惯、阴道内冲洗相关因素, 两组间差异有统计学意义 ($P<0.05$)。 **结论** BV 患者临床症状主要为白带增多、白带异味、性交痛、外阴瘙痒, 分泌物呈灰白色、奶油状、质地稀薄, pH>4.5。微生态失调, BV 患者优势菌为阴道加德纳菌/普雷沃菌, 非 BV 患者以乳杆菌为优势菌。性经历早、经期日更换卫生巾频率低、文化水平低、性生活频繁、从不使用避孕套、从不清洗外阴、阴道内冲洗, 更易引发细菌性阴道病。

【关键词】 细菌性阴道病; 菌群特点; 相关因素**【中图分类号】** R378**【文献标识码】** A**【文章编号】** 1673-5234(2022)08-0968-04

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Characteristics and related factors of bacterial vaginal flora***ZHANG Hua-jie¹, DING Miao², HE Hong-ge¹, LI Xue-li¹, WANG Dan¹ (1. The Second Affiliated Hospital of Luohe Medical College, Luohe, Henan 462300, China; 2. Sun Yat-sen University Sunyixian Memorial Hospital)

【Abstract】 **Objective** To study the characteristics and related factors of bacterial vaginal flora. **Methods** 145 patients with bacterial vaginitis in our hospital were selected, and 100 healthy women who experienced normal experience in the same period were randomly selected. Vaginal secretion samples of all cases were collected and BV was diagnosed by Amsel clinical diagnosis method and Gram staining Nugent score method. The vaginal microecology of the cases was evaluated by observing the smears and stained specimens under the light microscope. The related factors of bacterial vaginosis were analyzed by comparing the case data of the two groups. **Results** The main clinical symptoms of 145 patients with BV were obvious increase of leucorrhea and peculiar smell of leucorrhea. The average onset time was 67.5±105.6 days. There were 21 cases of obvious sexual intercourse pain and 51 cases of vulvar pruritus. The results of secretion test showed that 138 patients had pH > 4.5; The secretions of 95 patients were gray white, creamy and thin; Ammonia test was positive in 76 patients; All 145 patients showed positive clue cells. The density of *Lactobacillus* in BV patients was mainly concentrated in grade 0-I, accounting for 98.62%. *Gardnerella vaginalis* was mainly concentrated in grade III-IV, accounting for 82.07%. The density of *Campylobacter mobilis* mainly concentrated in grade I-II, accounting for 6.90%; The detection rate of NBV patients was 0.00%. Other bacterial densities in BV patients were mainly concentrated in grade I-II, accounting for 46.90%. The density of *Lactobacillus*, *Gardnerella vaginalis*, *Campylobacter mobilis* and other bacteria in the two groups were analyzed by Ridit. The difference was statistically significant ($P<0.05$). The dominant bacteria in BV patients were *Gardnerella vaginalis* / *Prevotella*, and *Lactobacillus* was the dominant bacteria in NBV patients. The age of first sexual life, the frequency of changing sanitary napkins on menstrual days, educational level, the number of sexual life per week, whether to use condoms, the habit of cleaning vulva and vaginal flushing between the two groups were analyzed. The difference between the two groups was statistically significant ($P<0.05$). **Conclu-**

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sion The main clinical symptoms of BV patients are increased leucorrhoea, peculiar smell of leucorrhoea, sexual intercourse pain, pruritus of vulva, and the secretion is grayish white, creamy, thin, $\text{pH} > 4.5$. The dominant bacteria in BV patients were *Gardnerella vaginalis* / *Prevotella*, and *Lactobacillus* was the dominant bacteria in NBV patients. Early sexual experience, low frequency of changing sanitary napkins during menstrual period, low educational level, frequent sexual life, never using condoms, never cleaning vulva and flushing in vagina are more likely to cause bacterial vaginosis.

【Key words】 bacterial vaginosis; flora characteristics; related factors

细菌性阴道病(bacterial vaginosis, BV),是由于阴道内对人体有益的乳杆菌(产 H_2O_2)数量减少,其他多种厌氧菌等其他微生物过度增长而导致阴道微生态失衡的临床症候群。BV为育龄期女性常见阴道感染性疾病之一,各地感染率不同,约为15%~50%^[1]。BV不仅会导致阴道感染,还可引发盆腔炎、附件炎、子宫内膜炎等,同时增加女性感染HIV、性传播疾病及患宫颈癌的易感性^[2]。孕期BV同时会增加早产、胎膜早破、羊膜绒毛炎等风险^[3]。目前国内外主要以Amsel法、革兰染色Nugent评分法、BV Blue等进行BV诊断,Amsel为临床诊断金标准。BV是一种阴道微生态失衡的状态,阴道内微生物复杂多样,发病机制目前尚未明确。常规抗菌药物对于BV治疗率较低,约为60%。治疗后容易复发,复发率高达30%~40%^[4]。有研究报道,临床应用阴道微生态评价体系评估阴道微生态情况,能够客观反映阴道微环境改变,在阴道感染疾病检测中有重要价值^[5-6]。本研究通过观察BV患者及非BV病例分泌物标本,进行阴道微生态评价研究BV菌群特点。探讨影响阴道微生态失衡及BV相关影响因素,为预防BV的感染及复发提供依据。

材料与方法

1 材料

1.1 研究对象 本院确诊的细菌性阴道炎患者145例,同时随机选取同期体检健康女性100例。纳入标准:病例资料完整;有性生活史的育龄期女性;子宫完整;自愿参加阴道分泌物检测;被诊断为BV患者符合美国CDC发布的《性传播感染治疗指南(2021)》诊断标准^[7]。排除标准:妊娠期与月经期女性;已绝经;阴道出血;就诊前48h有性行为者;就诊前7d内使用抗生素者;就诊前进行过阴道冲洗、盆浴及上药者;合并其他生殖系统疾病者。本研究遵循自愿原则,参与者均已签署知情同意书。

1.2 仪器试剂 光学显微镜,日本Olympus公司生产;一次性无菌窥阴器,广州邦标产品;革兰染色液,南京森贝伽生物产品;pH值试纸,泰州奥克产品。

2 方法

2.1 资料分析 回顾性分析参与本次研究的病例资

料,包括文化水平、性生活情况、卫生情况、临床特征等。

2.2 分泌物采集 患者呈仰卧截石位,使用一次性无菌窥阴器暴露阴道,采用2根细长无菌棉拭子,刷取阴道侧壁1/3处分泌物。操作中避免与阴道口及外阴部接触,停留约15s后取出,置于无菌检测管,于1h内送检。

2.3 实验室检测 取其中一份分泌物标本进行白带常规检测、pH值测定、氨试验,显微镜下检查线索细胞。严格依据《全国临床检验操作规程》进行操作及结果判定。另一份分泌物标本经Gram染色后,于显微镜油镜观察细菌形态(包括乳酸杆菌、加德纳菌、弯曲杆菌及拟杆菌等)、菌群密集度、优势菌、白细胞等指标,对观测结果进行Nugent评分。

2.4 BV诊断标准

2.4.1 Amsel临床诊断法 ①阴道分泌物均质稀薄,粘附于阴道壁,呈灰白色、奶油状;② $\text{pH} > 4.5$;③阴道分泌物胺试验阳性,产生类烂鱼肉腥臭味;④线索细胞检测阳性结果。患者满足④加前面三项中的任意两项即判定为BV阳性病例^[8]。

2.4.2 革兰染色Nugent评分法 使用半定量评估法对分泌物标本中优势群形态评分,0~3分判定正常,4~6分为中间菌群组, ≥ 7 分判定为BV^[9]。

2.5 阴道微生态评价 通过光学显微镜观察涂片染色标本,对细菌分布分级并判断菌群比例,对菌群密集度、优势菌进行评价,评价标准参见《阴道微生态评价的临床应用专家共识》^[10]。

2.6 统计学分析 本研究采用SPSS 25.0进行统计分析,采用Ridit分析等级资料,检验计数资料分析采用 χ^2 检验, $P < 0.05$ 差异有统计学意义。

结果

1 BV患者临床症状

145例BV患者主要临床症状为:白带量明显增多40例(27.59%)。白带异味59例(40.69%),平均发病时间为 67.5 ± 105.6 d。性交痛明显21例(14.48%),外阴瘙痒51例(35.17%),无明显症状者72例(49.66%)。分泌物检测结果显示,138例(95.17%)患者 $\text{pH} > 4.5$;95例(65.52%)患者分泌物

呈灰白色、奶油状、质地稀薄;76例(52.41%)患者氨试验呈阳性;145例(100%)患者均显示线索细胞阳性。

2 BV 患者阴道菌群特点

143例BV患者乳杆菌密集度主要集中于0~I级,占98.62%;95例非BV患者主要集中于II~III级,占95.00%。119例BV患者阴道加德纳菌密集度主要集中于III~IV级,占82.07%;84例非BV患者主要集中于0~I级,占84.00%。10例BV患者动弯杆菌密集度主要集中于I~II级,占6.90%;非BV患者检出率0.00%。68例BV患者其他细菌密集度主要集中于I~II级,占46.90%;69例非BV患者主要集中于0~I级,占69.00%。采用Ridit分析两组乳杆菌密集度、阴道加德纳菌密集度、动弯杆菌密集度、其他细菌密集度,差异具有统计学意义($P < 0.05$)。133例BV患者优势菌为阴道加德纳菌/普雷沃菌,占91.22%。99例非BV患者以乳杆菌为优势菌,占99.00%(表1)。

表1 BV患者、非BV患者阴道菌群特点对比分析
Table 1 Comparative analysis of vaginal flora characteristics between bv patients and NBV patients

| 阴道微生态评价 | BV组 (n=145) | 非BV组 (n=100) | χ^2/R | P |
|-----------|----------------|-----------------|------------|------|
| 乳杆菌密集度 | | | 228.90 | 0.00 |
| 0 | 78 | 0 | | |
| I级 | 65 | 2 | | |
| II级 | 1 | 26 | | |
| III级 | 1 | 69 | | |
| IV级 | 0 | 3 | | |
| 阴道加德纳菌密集度 | | | 156.89 | 0.00 |
| 0 | 0 | 32 | | |
| I级 | 12 | 52 | | |
| II级 | 14 | 10 | | |
| III级 | 47 | 3 | | |
| IV级 | 72 | 3 | | |
| 动弯杆菌密集度 | | | 110.00 | 0.00 |
| 0 | 0 | 100 | | |
| I级 | 4 | 0 | | |
| II级 | 6 | 0 | | |
| III级 | 0 | 0 | | |
| IV级 | 0 | 0 | | |
| 其他细菌密集度 | | | 33.96 | 0.00 |
| 0 | 31 | 55 | | |
| I级 | 35 | 14 | | |
| II级 | 33 | 17 | | |
| III级 | 25 | 12 | | |
| IV级 | 21 | 2 | | |

3 BV 相关因素分析

BV阳性组中患者初次性生活年龄 ≤ 25 岁者130例(89.66%),对照组初次性生活年龄 ≤ 25 岁者45例(45.00%)。BV阳性组中患者经期更换卫生巾频率少于3次者88例(60.69%),对照组27例(27.00%)。BV阳性组中高中及以下学历者79例(54.48%),大专学历55例(37.93%),大专以上学历11例(7.59%);对照组高中及以下学历者28例(28.00%),

大专以上学历37例(37.00%),大专以上学历35例(35.00%)。BV阳性组中患者每周性生活次数 ≥ 3 次94例(64.83%),对照组中每周性生活次数 ≥ 3 次26例(26.00%)。BV阳性组中从不使用避孕套者83例(57.24%),对照组中从不使用避孕套者17例(17.00%)。BV阳性组中从不清洗外阴者71例(48.97%),清水清洗外阴者53例(36.55%),消毒液清洗外阴者21例(14.48%)。对照组中从不清洗外阴者22例(22.00%),清水清洗外阴者23例(23.00%),消毒液清洗外阴者55例(55.00%)。BV阳性组中阴道内冲洗者65例(44.83%),对照组中阴道内冲洗者24例(24.00%)。性经历早、经期日更换卫生巾频率低、文化水平低、性生活频繁、从不使用避孕套、从不清洗外阴、阴道内冲洗,更易引发细菌性阴道病(表2)。

表2 BV相关因素对比分析
Table 2 Comparative analysis of BV related factors

| 相关因素 | 阳性组 (n=145) | | 对照组 (n=100) | | χ^2 | P | |
|------------|----------------|-----|----------------|----|----------|--------|-------|
| | n | % | n | % | | | |
| 初次性生活年龄(岁) | ≤ 25 | 130 | 89.66 | 45 | 45.00 | 57.828 | 0.000 |
| | > 25 | 15 | 10.34 | 55 | 55.00 | | |
| 经期日更换卫生巾频率 | < 3 次 | 88 | 60.69 | 27 | 27.00 | 26.970 | 0.000 |
| | ≥ 3 次 | 57 | 39.31 | 73 | 73.00 | | |
| 文化水平 | 高中及以下 | 79 | 54.48 | 28 | 28.00 | 33.207 | 0.000 |
| | 大专 | 55 | 37.93 | 37 | 37.00 | | |
| | 大专以上 | 11 | 7.59 | 35 | 35.00 | | |
| 每周性生活次数 | < 3 次 | 51 | 35.17 | 74 | 74.00 | 35.705 | 0.000 |
| | ≥ 3 次 | 94 | 64.83 | 26 | 26.00 | | |
| 是否使用避孕套 | 不用 | 83 | 57.24 | 17 | 17.00 | 62.364 | 0.000 |
| | 偶尔 | 40 | 27.59 | 21 | 21.00 | | |
| | 每次 | 22 | 15.17 | 62 | 62.00 | | |
| 清洗外阴习惯 | 从不清洗 | 71 | 48.97 | 22 | 22.00 | 46.162 | 0.000 |
| | 清水清洗 | 53 | 36.55 | 23 | 23.00 | | |
| | 消毒液清洗 | 21 | 14.48 | 55 | 55.00 | | |
| 阴道内冲洗 | 否 | 80 | 55.17 | 76 | 76.00 | 11.099 | 0.001 |
| | 是 | 65 | 44.83 | 24 | 24.00 | | |

讨论

流行病学资料显示,女性生殖系统疾病中,主要以外阴及阴道感染居多,在女性各个年龄阶段均会发病。阴道炎包括细菌性阴道炎(BV),需氧菌性阴道炎(AV)、滴虫性阴道炎(TV),外阴阴道假丝酵母菌阴道炎(VVC)等。BV患者主要因其白带增多、异味、外阴瘙痒而就诊。对就诊女性检查采集分泌物时,可观察到黏附于阴道侧壁的均匀灰白色分泌物。阴道内微生态处于动态平衡,受正常菌群与宿主、环境之间的拮抗或共生关系影响。育龄期女性雌激素水平高、性生活频繁、阴道分娩、外源性操作均会影响阴道pH值,阴道微生态失衡检出率偏高。BV主要特征以乳杆菌为主的正常菌群数量减少,阴道加德纳菌及厌氧菌等微

生物数量显著增多。大量厌氧菌通过分析氨基酸生产大量胺类,使阴道PH值升高,同时发出恶臭味。国外文献报道,阴道加德纳菌、普雷沃氏菌及阴道阿托波菌为主要条件性致病菌,其数量与 Nugent 评分直接相关^[11]。BV 相关细菌以协同关系存在于发展过程中,阴道加德纳菌可形成生物膜,可以使阴道加德纳菌与其他厌氧菌逃避抗生素的侵害作用。动弯杆菌对 BV 存在促进作用,尤其性伴侣数量较多的女性更易感染动弯杆菌。动弯杆菌可使阴道内分泌物的唾液酸酶浓度升高,增加细菌破坏能力,容易引起与其他阴道炎发生感染。

罗剑波等^[12]研究中 BV 患者主要临床症状为白带异味、白带增多者、外阴瘙痒,25.6%无明显症状。本次研究 BV 患者主要临床症状为白带量明显增多、白带异味、性交痛明显、外阴瘙痒。分泌物检测结果显示,138 例患者 pH>4.5;95 例患者分泌物呈灰白色、奶油状、质地稀薄;76 例患者氨试验呈阳性;145 例患者均显示线索细胞阳性。分泌物检测结果显示,BV 组 95.17%患者 pH>4.5,65.52%患者分泌物呈灰白色、奶油状、质地稀薄,52.41%患者氨试验呈阳性,所有患者均显示线索细胞阳性。研究结果与罗剑波相同,白带增多、异味、外阴瘙痒,为 BV 主要临床症状。

阴道微生态是由内分泌环境、阴道菌群、特殊解剖结构组成。随着生殖系统混合感染病例日益增长,对于不同分类的阴道疾病的正确诊断与规范治疗显得尤为重要。通过对阴道微生态评价可以正确分辨阴道炎类型,对其生态环境及功能给予正确评价,为临床治疗药物选择提供参考。严冬霞等^[13]研究显示,阴道加德纳菌为 BV 优势菌,密集度集中于Ⅲ~Ⅳ级,健康人群以乳杆菌为优势菌。Aroutchea 等^[14]报道,BV、中间菌群及正常人群中阴道加德纳菌的检出率为 97.5%、34.0%、26.4%。本次研究中 BV 患者乳杆菌密集度主要集中于 0~Ⅰ级,非 BV 患者主要集中于Ⅱ~Ⅲ级。BV 患者阴道加德纳菌密集度主要集中于Ⅲ~Ⅳ级,非 BV 患者主要集中于 0~Ⅰ级。10 例 BV 患者检出动弯杆菌,非 BV 患者检出率 0.00%。BV 患者与非 BV 患者其他细菌密集度主要集中于Ⅰ~Ⅱ级。采用 Ridit 分析两组乳杆菌密集度、阴道加德纳菌密集度、动弯杆菌密集度、其他细菌密集度,差异具有统计学意义($P<0.05$)。BV 患者优势菌为阴道加德纳菌/普雷沃菌,非 BV 患者以乳杆菌为优势菌。本次研究与严冬霞等^[13-14]研究结果相同,BV 患者其阴道微生态紊乱,阴道加德纳菌、动弯杆菌及厌氧菌大肆繁殖,成为为其优势菌。

外环境因素变化能够影响阴道微生态平衡,性生活及个人卫生习惯作为个体外环境可能对细菌性阴道

病的发生及复发有影响。刁玉涛^[15]研究中,初婚年龄小、妊娠、经常阴道冲洗、阴道高值、高学历和阴道乳酸杆菌含量偏低为 BV 主要危险因素。本次研究结果显示,性生活早于 25 岁,经期日更换卫生巾频率低于 3 次,大专及以下文化水平,每周性生活次数大高于 3 次、性交从不使用避孕套,从不清洗外阴,阴道内冲洗,为 BV 感染主要相关因素。过早的性经历、频繁的性生活及错误的冲洗阴道,使阴道内 pH 值升高,容易使下生殖道病原菌上行感染。不良的卫生及生活习惯与 BV 的发生是密不可分的,通过对育龄女性,尤其针对文化程度偏低、农村地区的女性进行卫生指导和健康讲座,培养其养成良好的卫生习惯。经期及时更换卫生巾,保证外阴部干爽。避免过早发生性行为,同房时积极使用避孕套。使用消毒清洗液清洗外阴部,避免阴道内冲洗,可以有效减少阴道感染疾病的发生。BV 呈现出易复发、难根治、久治不愈等特点,使阴道自洁功能与防御能力下降,容易引发宫颈癌等恶性肿瘤疾病。因此,BV 给女性的生理及心理上造成极大的伤害。

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