



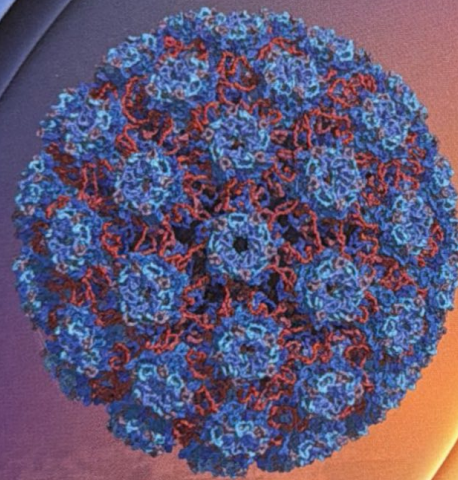
МАКЕДОНСКО ЗДРУЖЕНИЕ ЗА
ХУМАН ПАПИЛОМА ВИРУС
MACEDONIAN SOCIETY FOR
HUMAN PAPILLOMAVIRUS



МАКЕДОНСКО ЗДРУЖЕНИЕ ЗА
СЕСУАЛНО ПРЕНОСЛИВИ БОЛЕСТИ
MACEDONIAN SOCIETY FOR
SEXUALLY TRANSMITTED DISEASE

**СИМПОЗИУМ „НРV ИНФЕКЦИЈА И
АСОЦИРАНИ БОЛЕСТИ“
SYMPOSIUM "HPV INFECTION AND
ASSOCIATED DISEASES"**

КНИГА НА АПСТРАКТИ



ABSTRACT BOOK

25-27.11.2022, хотел Дрим, Струга, С. Македонија
25-27.11.2022, Hotel Drim, Struga, N. Macedonia





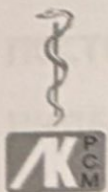
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**ПРЕВЕНТИВЕН ЕФЕКТ НА НУТРИТИВНИ СУПЛЕМЕНТИ
КАЈ HPV ИНФЕКЦИЈА И ПСИХОСОЦИЈАЛНИОТ АСПЕКТ
НА HPV ИНФЕКЦИЈАТА / PREVENTIVE EFFECT OF
NUTRITIONAL SUPPLEMENTS IN HPV INFECTION AND
THE PSYCHOSOCIAL ASPECT OF HPV INFECTION**

**VAGINAL MICROBIOME AND HPV - INTERPLAY OR
COINCIDENCE?**

K. Trajkova

The vaginal microbiome is a dynamic, balanced system of microorganisms, which under normal conditions ensures a balance between the physiological lactobacilli - *Lactobacillus species* and the pathogenic bacterial flora and enables protection against pathogenic microorganisms. The vaginal microbiome plays a role in the infection and persistence of the HPV virus in the human vagina, as well as in the subsequent development and progression of cervical intraepithelial lesions. Lactic acid produced by lactobacilli acidifies the vaginal environment, strengthens the protective role of H₂O₂ and bacteriocins and inhibits opportunistic infections and HPV infection. The D-isomer of lactic acid increases the viscosity of cervicovaginal mucus, protects against urogenital infections, and enhances the potential destruction capabilities of HPV virus particles. Growth of strict anaerobes, which are associated with bacterial vaginosis, is relatively often registered in association with cervical dysplasia. When they colonize, they produce enzymes and metabolites that can compromise the barrier and facilitate the entrance of HPV. In women with HPV infection and cervical intraepithelial lesions, *Lactobacillus iners* dominates often, whose role is still controversé.

A pH value of the vaginal secretion higher than 5 is significantly associated with a 10-20% increased risk for HPV positivity among women before menopause, i.e. in the reproductive period. The HPV E5 protein, which is responsible for viral transformation, is particularly sensitive to low pH, which is one of the possible mechanisms. There are also contradictory results regarding the correlation of bacterial vaginosis with incidence, prevalence and persistence of HPV infection, as well as with the development of cervical intraepithelial lesions, which is explained by the lack of objective diagnostic tests for bacterial vaginosis or subjective scoring systems, as well as by the heterogeneity of the bacterial vaginosis itself. The results from our ongoing study for vaginal microbiome and HPV status will be presented.

Although numerous studies show some correlation between HPV infection and cervical changes, more research is needed to prove this sophisticated

relationship between the host, the microbiota and carcinogenesis. Of course, if any connection is proven, the clinical significance would be enormous and would open up the potential for therapeutic strategies that would include the manipulation of the vaginal microbiome with the stimulation of those that have a protective role for health.

THE PSYCHOSEXUAL IMPACT OF TESTING POSITIVE FOR HPV

I. Hadjivanova

Gestalt and EMDR Psychotherapist, Family-Systemic Counselor
Founder of NEOCORTEX - Center for Psychotherapy, Psycho-diagnostic,
Training and Education in Skopje

Introduction: HPV is a sexually transmitted infection linked to cervical cancer, therefore receiving a positive result represents a major stressor for patients, their mental health deteriorates and impacts more life aspects, beside the somatic health.

The aim of my presentation is to highlight the complex psychological process when receiving a positive HPV test, the possible long term psychosexual impact, and discuss the effective psychotherapy approach and modalities I use during treatment.

Discussion: The emotional and cognitive processing of a positive HPV result is complex and can bring a significant distress, disturbance, as well as emotional shock in the patient. Women patients described variety of feelings like shame, guilt and changed self-image, feeling sexually unattractive describing them self as „dirty“ or „contaminated“. Their state affected their openness to disclose the results to others because of „stigmatisation“ fear. In the emotional „roller coaster“ a feeling of anger towards the partner for the transmission appears, that can seriously affect the trust and stability in the relationship. Symptoms of anxiety, connected to cancer expectations and health, with prolonged worry and obsessive ruminations, and depression are also expected. Moreover, consequences often include reduced sexual desire and period of abstinence, low sexual satisfaction, feeling sexually anxious or depressed.

Conclusion: Extensive health education and empathetic approach of professionals committed to informing the patient of the results, detecting vulnerable patients and multidisciplinary approach with recommendation for psychological support and psychotherapy treatment after receiving a positive HPV test is needed, especially in high risk patients. It's very important to destigmatize the infection, to do mental health prevention and apply more active approach in reducing the psycho-sexual impact in patients. As HPV infection can also affect the past, current and future relationships and the sexuality, the