

VAGINAL ODOR IN PREGNANCY: CAUSES AND PREVENTIVE MEASURES

Causes



Vaginal infections such as yeast infections and vaginosis



Hormonal alterations and imbalance



Increased vaginal discharge



Using chemicals and sprays to clean the vagina



Inappropriate hygiene practices

Preventive methods

Maintaining good intimate hygiene



Avoiding excess sugars and pungent foods



Avoiding cosmetic products, scented soaps, and sprays



Avoiding douching to retain healthy vaginal microbiota

