

# Vitamin D insufficiency linked to bacterial vaginosis in pregnant women

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Bacterial vaginosis (BV) is the most common vaginal infection in US women of childbearing age, and is common in pregnant women. BV occurs when the normal balance of bacteria in the vagina is disrupted and replaced by an overgrowth of certain bacteria. Because having BV puts a woman at increased risk for a variety of complications, such as preterm delivery, there is great interest in understanding how it can be prevented.

Vitamin D may play a role in BV because it exerts influence over a number of aspects of the [immune system](#). This hypothesis is circumstantially supported by the fact that BV is far more common in black than white women, and [vitamin D](#) status is substantially lower in black than white women. This relation, however, has not been rigorously studied. To assess whether poor vitamin D status may play a role in predisposing a woman to BV, Bodnar and coworkers at the University of Pittsburgh and the Magee-Womens Research Institute studied 469 pregnant women. The results of their investigation are published in the June 2009 issue of the [Journal of Nutrition](#).

This prospective epidemiologic study investigated the relation between vitamin D status and BV in 209 white and 260 black women at

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