

## Interview with Anita Binder, Pharmacist, Germany:

**Which antimycotics are used for treating *C. albicans* infections and which one are only available on prescription?**

- Clotrimazol → OTC
- AmphotericinB → Perscription
- Fenticonazolnitrat → OTC
- Miconazolnitrat → Perscription
- Econazolnitrat → Perscription
- Nystatin → OTC
- Ciclopirox-Olamin → Perscription

**How often do you sell antimycotics against *C. albicans* infections to women that were not at a physician before going to the pharmacy store?**

- One to two times a week. But I have a small pharmacy store on the countryside, so I don't have that many clients.

**How often do women buy prescription antimycotics for treating *C. albicans* infections?**

- I don't sell antimycotics that are only available on prescription very often; only 2-3 times a year. But keep in mind that I'm located at the countryside where no gynecologist is located.

**What do you think about the fact, that there is an increase of antimycotic resistance?**

- The best-selling candida antifungal in Germany is clotrimazole, I estimate 95%. This is only for sale in pack sizes for the 3-day therapy. Larger packs are subject to prescription. If the infection does not heal after 3 days, women should go to the doctor and have another antifungal prescribed. In my estimation, this happens relatively seldom. Most women (almost all) do not come back after buying the 3-day dose, so I assume they are cured. This means that no resistance has developed yet. In the meantime, the high-dose 1-day therapy (500 mg Clotrimazole) is often recommended (also OTC) to prevent premature termination of therapy and thus reduce the risk of developing resistance.

**Which tests do you know/ do you sell in your pharmacy store for fast detection of vaginal *C. albicans* infections?**

- I know the Elaneetest and Canetest.

**Are these test kits sold often?**

- No, actually never. I think this is a fact of missing education and advertisement.

**What do you as an experienced pharmacist think about a fast detection kit for pathogenic *Candida albicans* infections/overgrowth of *Candida albicans* that can be executed at home? The test will show a quantitative result, namely if there is an overgrowth of *Candida albicans* and if yes, how intense the infection is.**

- I think a *C. albicans* fast detection kit which a customer can execute himself makes sense. Most of the women who buy clotrimazole supplements have recurrent infections and are familiar with the symptoms. A quick test would tell you if it really is a Candida infection. In my opinion is the outcome of a quantitative test too complicated.

**Do you experience that women are well informed about the commensal microorganisms in the vaginal flora (in matters of bacterial vs. fungal infection)? Are women well informed about hygiene of the genital area and with it a possible prevention of overgrowth of bacteria/fungi by too intense hygiene (washing genital area with a lot of shower gel)?**

- This topic is not addressed often addressed in the pharmacy, so this is hard to say. I assume that women with recurring infections are well informed.