

Interview with Dr. Dr. med. Susanne Grunewald, Dermatologist, Germany

How do you diagnose a *C. albicans* infection (both vaginal, oral and diaper dermatitis)?

- After examination of the patient I perform a pap test and grow the sample on Sabouraud Agar.

Which symptoms lead to a conclusion that the patient is infected with pathogenic *C. albicans*?

- The typical symptom for a vaginal *C. albicans* infection is white discharge whereas the typical symptom for an oral *C. albicans* infection is a white film on the tongue with the ability to scrape it off.

How often do you diagnose a vaginal *C. albicans* infection in you daily routine as a dermatologist (both vaginal, oral and diaper dermatitis)?

- I diagnose a *C. albicans* infection about 5 times a week.

Which medication do you prescribe for patients that are infected with *C. albicans*?

- For oral mucosa I prescribe nystatin suspension. For the corner of the mouth and the genital region I prescribe nystatin paste. For vaginal infections I prescribe gynopevaryl suppository, which contains Econazol.

What do you think about a fast-detection-kit for *C. albicans*, that shows a quantitative result of a *C. albicans* infection?

- I think a fast detection kit would be very convenient, but in Germany it is easy to get an appointment at a physician. I like the idea of having this kit at a doctor's office. In the end I think that patients like the consultancy from a physician. For me as a dermatologist it would be very handy if the test could detect diaper dermatitis, which is also caused by *C. albicans*.

Do you think 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 through too intense hygiene (washing genital area with a lot of shower gel)?

- No, I don't think that women are well informed about these topics. Very often, we as physicians have to educate women about intimate care. In my opinion it would be a good idea to start a campaign for informing women about health of the genital area.