



# ARTICLE

## CAUSES OF RECURRENT VAGINAL CANDIDOSIS

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## Causes of recurrent vaginal candidosis

- Re-infection from the gastro-intestinal tract
- The partner
- Pre-disposing factors that remain or persist
- Wrong choice of antimycotica

### Re-infection from the gastro-intestinal tract

- candida albicans is a guest inhabitant of the gastro-intestinal tract
- a culture from the rectum is however almost always negative
- in patients with recurrent vaginal candidosis a 100 % correlation is found between positive rectum culture and vaginal culture

### Co-treatment of partner

- always in case of balanitis
- in unexplainable recurrent candidosis

### Pre-disposing factors for vaginal candidosis

- pregnancy
- diabetes
- oral use of
  - broad spectrum antibiotics
  - corticosteroids
  - immunodepressiva etc.
- oral treatment of trichomonas or bacterial vaginosis
- hygienic sprays etc.
- I.U.D
- Syverson et al. Am. J. Obstet. Et Gynecol. 1979: "the results suggest a lack of immune response to candida antigens in women with chronic candida-vaginitis"

## Treatment of vaginal candidosis

- **intra-vaginal application**
  - is it well distributed over the whole vagina
  - has it been brought deep enough into the vagina
  - may cause increased vaginal discharge
  - how long was the medication applied
  - may give irritation
- **vaginal tablet**
  - simple application
  - is often not brought deep enough into the vagina
  - may give irritation
  - has to suck up moisture to fall apart and release the antimycoticum
  - may be lost partly or completely

- **vaginal cream**
  - has to be applied with applicator
  - gives optimal distribution over the vagina
  - offers the possibility to treat vulvitis and/or partner at the same time
- **vaginal capsule**
  - simple application
  - gelatin capsule is soft and does not irritate
  - the contents spread easily over the vagina

### Presence of *C. albicans* in 98 patients with vaginal candidosis

Candida albicans in the vagina	positive	negative
positive in the feces	31 (98%)	1 (2%)
negative in the feces	0	46 (100%)

*A strong correlation between vaginal candidosis and candida in the feces!*

### Correlation between patients with chronic recurrent vaginal candidosis (CRC) and candida in the partner

Positive candida cultures		with CRC	control group
Patient	vagina	100 %	9 %
	saliva	36 %	9 %
	rectum	33 %	17 %
Partner	ejaculate	15 %	0 %
	saliva	36 %	0 %
	rectum	33 %	20 %

*Co-treatment of the partner is therefore advisable.*

### Conclusions of research and treatment

- with the choice of a lipophylic fungicidal antimycoticum the chance of recurrent candidosis can be diminished
- once a chronic recurrent vaginal candidosis has established, a long period of time has to be taken into account for the time that is necessary to restore the cellular immunity

## Treatment advise

Our advise for the treatment of recurrent candidiasis is based on the idea of a diminished resistance against candida. When candida is radically removed from all parts of the body and the body is kept free of candida, its immune system will get a chance to build up resistance.

There is a basic difference between an occasional candidiasis and a recurrent one. Yeast infections in which the immunity is disturbed should be treated more and for a longer period of time.

For this purpose a *lipophylic antimycotic* should be chosen, because it will also kill the candida and its spores which are hiding inside the cells.

Our experience is that Trisporal= Sporanox (Itriconazole) is the most effective antimycotic in recurrent candidiasis.

We advise the following treatment course;

1. A course of 5 days 2 x 2 capsules Trisporal
2. During one year on 1 day during menstruation 2 x 2 capsules
3. When noticing any signs of possible recurrence of candida, immediately start the 5 days course of treatment. Check with a vaginal smear or a culture if candida was present
4. Because of the possibility that the partner is the source of re-infection (without signs or complaints) and also for psychological reasons, we advise that the partner is also treated with the 5 days course.

## Advices for the application of Sporanox, that are not on the information leaflet.

In vaginal candidiasis the best is a cure of 5 days 2 x 2 tablets/day. This dosage gives a good blood serum level. The tablets can be swallowed 0.5 hour before till 2 hours after the meal. (on the leaflet that is 1 hour before meals). The time between two doses should be 12 hours. This way the best bio-availability of the medication is reached.

It is very important that the stomach has enough (acid) fluids hence the advise of taking the pills just before or during the meal.

It is excellent to take them with a glass of coke (!).

The medication is "wrapped" in large molecules that attract water. This may cause the effect of diarrhea. The flora of the bowel is however not disturbed.

It is disadvised to eat or drink grapefruit in combination with Sporanox, because the enzymes of grapefruit inhibit the efficacy of (many) medications.

## Additional supportive measures

1. Have yourself tested for allergies. It is well possible that you are not aware of all substances to which you are allergic, because your immune system is capable to keep an allergic reaction to that substance away. This is however a constant challenge to your immune system and diminishes its capacity of your resistance to candida infections.

2. Keep fit and take care of your condition as well physically as mentally. This will boost your immune system
3. Candida feeds on cell sugar. Keep a low sugar diet.
4. Cell sugar deposit is influenced by hormones. Therefore your cell sugar increases in the second half of your menstrual cycle. (Therefore yeast infection is extremely rare after menopause) A hormonal anti-conceptive is super-imposing hormones on your own hormone levels. If on anti-conceptives; try a change to another pill with a different estrogen-progesteron content from the brand the one you are using.
5. When suffering from the acute symptoms of a candida infection; in addition to medication with Sporanox, douche internally (with just water. Once a day) to flush some of the candida out along with the excessive discharge.
6. Take probiotics to improve the bowel flora

### Multi-Gyn FloraPlus

BioClin developed a prebiotic formula for the treatment and prevention of candida. A “prebiotic” consists of selected food stuff for the stimulus of growth of the preferred bacteria. For the vagina the prebiotic food stuff is very quickly picked up by lactobacilli, giving them a boost in their growth. Thereby other microorganisms are overgrown and pushed out of the ecosystem.

FloraPlus is not a medication so not an antifungal. It is an excellent product to help to regulate the vaginal flora and prevent candida. In a fulminating infection an antifungal medication is inevitable. However co-treatment with FloraPlus will quickly alleviate symptoms and help against the recurrence of infection with candida. In mild cases this product will be a sufficient treatment.