



# ARTICLE

## “TREATMENT AND PREVENTION OF VAGINAL PROBLEMS”

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The discovery of antibiotics was hailed to bring the panacea for the control of all microbial infections. Unfortunately microbes appeared to adapt quickly with mutations and development of resistance. Resistance against antibiotics is a serious and increasing problem, also because antibiotics were (and are) used so abundantly and excessively.

In addition to this there is an increasing consciousness of the importance of the conservation c.q. stimulation of the commensal flora and the microbial ecology who are exterminated together with the pathogens by antibiotics.

New approaches are explored in the battle against pathogens, to curb their overgrowth and to re-balance the natural flora. A non-invasive and effective method is simply to prevent harmful pathogens from “sticking” to our tissues, by interfering with the attachment mechanism of the pathogen itself. If the pathogen cannot adhere to the host tissue, it cannot multiply and cause the infection. So what is required is a safe method of preventing this adhesion. It has been found that agents such as mono- and polysaccharides have such anti-adhesion properties. The long chain sugar molecules they possess emit a small negative charge which attracts the hostile pathogens, blocking their adhesion mechanism. As they are unable to adhere to the tissue, the pathogens no longer pose a threat, so the natural balance can be restored.

The anti-infection properties of these polysaccharides can be of great benefit, both in the prevention and treatment of a wide range of diseases. A great advantage of this approach is the absence of a build-up of resistance and the non-toxicity.

Multi-Gyn ActiGel is a vaginal self-care product based on the polysaccharide 2QR, which has these anti-adhesion properties, being natural negatively charged and able to prevent the adhesion of pathogens to the delicate vaginal tissue. These particular polysaccharides have been researched in cooperation with the University of Amsterdam (VU) and are patented (EP 1 323 738 A1, WO 03/055918). The verification of their action has resulted in Multi-Gyn ActiGel being registered as Class CE 2A Medical Device.

More than three in every four women experience vaginal discomforts at some time or other. Most of these are caused by a disturbance of the microbial balance. Contrary to popular belief, bacterial vaginosis (BV) is a much more frequent problem and more serious problem than candida. Because of its relationship to sexual activity BV is also highly recurrent.

Moreover the BV flora (also called dysbacteriosis) is very undesirable because it has been linked with premature birth, it favours growth of pathogens (such as Trichomonas) and predisposes transmission and infection with HPV and HIV.

Both in vitro and clinical research with Multi-Gyn ActiGel showed that the BV flora is effectively removed and replaced with the physiological flora (Doederlein flora), thereby restoring the correct pH balance. Herewith the exacerbation of an “-osis” into an “-itis” is prevented; BV as dysbacteriosis to vaginitis because of BV. Multi-Gyn ActiGel appears to very selectively neutralize the adhesins of the BV flora while not to affect those of the lactobacilli. The anti-adhesive polysaccharides demonstrated to be also active in a neutral pH so it can be deduced that the acidity of Multi-Gyn ActiGel is not the only determining factor for the efficacy of the product. Multi-Gyn ActiGel is therefore not a simple acidic gel, like many which can be found on the market.

Multi-Gyn ActiGel is also very effective in external use, the anti-adhesive polysaccharides effectively preventing bladder infection. It has also been shown to have favourable results in the treatment of lichen sclerosis (also in combination with corticosteroids), in focal vulvitis and in genital herpes.

Generally speaking, vaginal douching is an important tool in vaginal hygiene (ref.; Dr. M.E.Boon et al. Vaginal douching is not all that bad. The importance of re-establishing the balance in the vaginal flora by vaginal hygiene. Medisch Contact 1999, 54; 546-549).

Vaginal douching effectively aids the removal of debris from the vagina. Therefore, for maximum efficiency, it is recommended to flush the vagina before application of topical intra-vaginal medication such as antimycotic or hormonal creams as well as Multi-Gyn ActiGel. Also after (unprotected) sexual intercourse the combination of vaginal douching for removal of semen residue and the re-establishment of the vaginal acidity with Multi-Gyn ActiGel can be useful. Semen is, after all, alkaline and changes the vaginal acidity enabling the BV flora to flourish. In addition, this will prevent the development of the well known unpleasant post-coital smell.

The Multi-Gyn vaginal douche was designed in cooperation with the medical department of Industrial Design of the Technical University of Delft. This douching device is very woman-friendly, extremely safe and practical. For example, the flexible bottle neck enables it to be used when standing or sitting on the toilet. A valve prevents the build-up of pressure when the bottle is squeezed forcefully as well as leakage of the douching fluid.

Most readymade douching fluids contain preservatives, which have a negative impact upon the vaginal flora, so it is recommended to use a solution made with the Multi-Gyn's effervescent tablets. In addition to being preservative free, the tablets contain no antiseptics or other ingredients which can negatively affect the vaginal flora.

Cleansing of the vagina has to be handled wisely; too much as well as too little hygiene can cause problems. Many women wash either with a normal soap, which is alkaline, or with a washing gel, usually based on the foaming properties of Sodium Laureth Sulfate, a well-known skin irritant which disturbs the barrier function of the skin. Multi-Gyn FemiWash however is a slightly acid state-of-the-art washing emulsion which has no negative effects at all, even with very frequent use.

For women who are suffering from vaginal dryness, frequently experienced post-menopause, there is an excellent gel: Multi-Gyn LiquiGel. This gel which can be applied peri- and intra-vaginally is hormone free and regulates the osmotic balance (thus the moisture balance) of the tissues. It also contains, like Multi-Gyn ActiGel, the anti-adhesive polysaccharide 2QR and so also helps prevent infections.

With these five products (Multi-Gyn ActiGel, Multi-Gyn Vaginal Douche, Multi-Gyn Tablets (effervescent tablets for the douching fluid), Multi-Gyn FemiWash and Multi-Gyn Liquigel), an extremely effective and safe product line is offered. With the correction of bacterial imbalance and the prevention of vaginal infectious complaints it covers the area between medicamental treatment and hygiene of the female intimate area