



# Reducing the chance of relapse in vaginal candidosis

When *Candida* plays hide and seek

Recent microscopy studies have shown that *Candida albicans* appears capable of penetrating the deeper keratinous layers of vaginal epithelial cells. This suggests that the organisms may be protected from topical antifungal agents, only to re-emerge and proliferate again some time later when the epithelial cells are normally shed.

As the deeper layers of the vaginal mucosa are reached more easily by systemic than by topical treatment, relapse is likely to be avoided accordingly.

Scanning electron micrograph  
of mycelial cells penetrating  
between vaginal surface  
epithelial cells. (x 3000)

TRADEMARK  
**Nizoral**  
ketoconazole

*the elegant way  
to treat an inelegant problem*

Presentation: white, flat, half-scored uncoated tablets marked "Janssen" on one side and K/200 on the reverse. Each tablet contains 200 mg ketoconazole. Dosage (for vaginal candidosis only): two tablets (400 mg) once daily for 5 days. For maximal absorption Nizoral should be taken with meals. Nizoral is contra-indicated in pregnancy. Precautions: the use of agents which reduce gastric acidity (anti-cholinergic drugs, antacids, H<sub>2</sub>-blockers) should be avoided and, if indicated, such drugs should be taken not less than 2 hours after Nizoral. Ketoconazole, when given together with cyclosporin A results in increased blood levels of cyclosporin A. It is important that blood levels of cyclosporin A are monitored if the two drugs are given concomitantly. Side-effects: nausea, skin rash, headache and pruritus may occasionally be observed. Alterations in liver function tests have occurred in patients on ketoconazole: these changes may be transient. Cases of hepatitis have been reported with an incidence of about 1 per 10,000 patients. Some of these may represent an idiosyncratic adverse reaction to the drug. This should be borne in mind in patients on long-term therapy. If a patient develops jaundice or any symptoms suggestive of hepatitis, treatment with ketoconazole should be stopped. Mild asymptomatic increases of liver enzyme levels, on the other hand, do not necessitate discontinuation of the treatment.

Full prescribing information available on request.  
Ref.: Acta Cytol. (Baltimore) 26, 7 (1982)



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PHARMACEUTICA

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# ABC OF COMPUTING

A J ASBURY

Although computers are being widely used in medicine, their possibilities and limitations are still not clear to many potential users. This book, aimed at the non-expert, describes some of the uses of computers in medicine; because most doctors' involvement will be indirect, liaising with computer experts rather than designing systems themselves, the book concentrates on concepts rather than detailed descriptions of how computers work. It provides a useful introduction for the doctor who wants to know how computers can contribute to his practice of medicine.

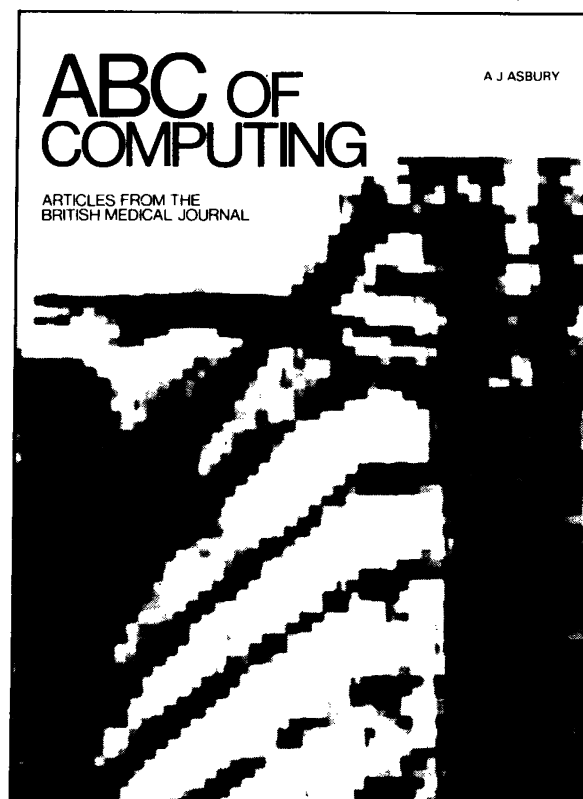
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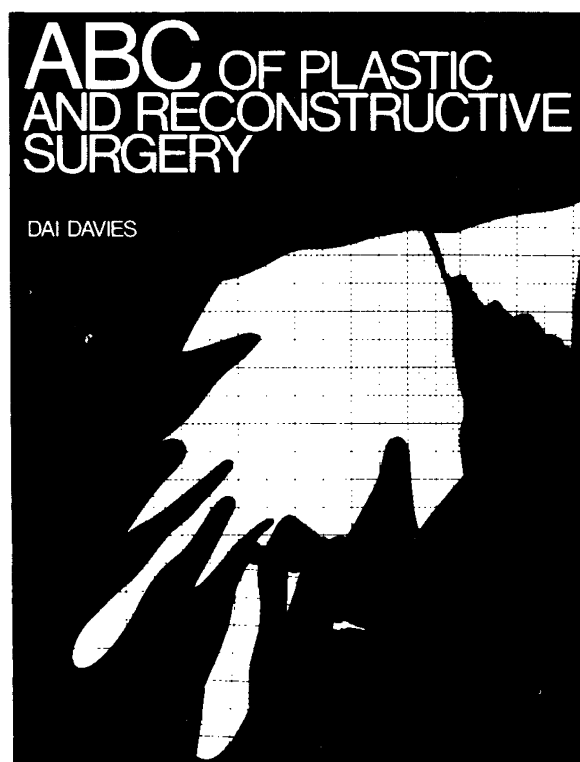
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DAI DAVIES

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**"Value judgements about food are being made all the time . . .**

# ABC OF NUTRITION

A STEWART TRUSWELL

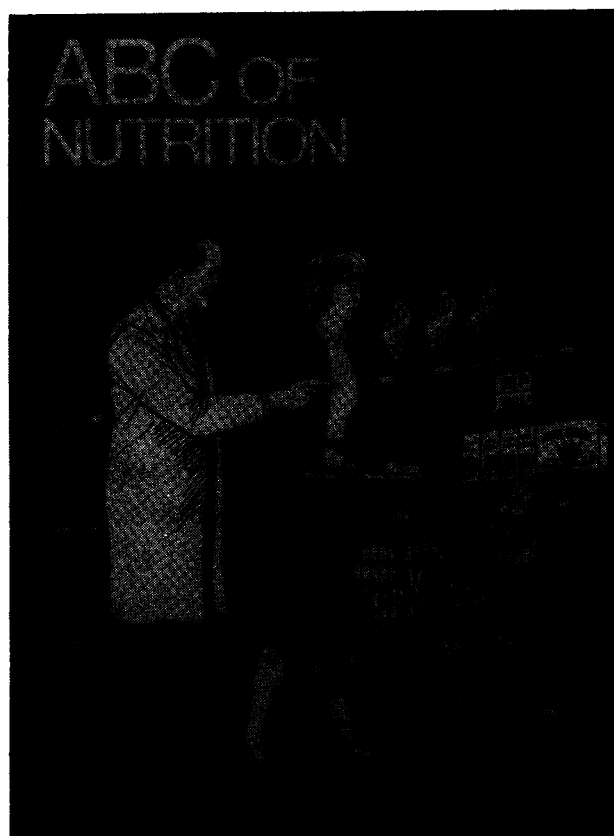
**. . . they are nearly always subjective and usually wrong."**

A Stewart Truswell, Boden professor of human nutrition at the University of Sydney, separates fact from fallacy in the *ABC of Nutrition*, a collection of articles from the *BMJ*. This illustrated guide offers the general medical reader a refreshingly down to earth review of all aspects of nutrition – from anorexia to obesity, infant feeding to dietary guides for the elderly – and will be invaluable for anyone wishing to advise their patients about their eating habits (or even to revise their own).

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*Am J Clin Nutr* 1986; 44: 431-2

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*Br Dent J* 1986; 161: 128-9

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*Irish Medical Journal* 1986; 79: 203

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Written by doctors and technicians with first hand experience of the problems, *Appropriate Technology* is a guide to the sensible choice and use of resources, including the purchase and maintenance of operating theatre and laboratory equipment and specialist instruments for cardiology and gastroenterology. It sets out the practicalities of immunisation, rehydration, care and child health; sanitation; and the purchase and distribution of drugs, as well as describing workable methods of health education and the use of teaching aids; of maintaining medical records; and of conducting epidemiological surveys and research at low cost.

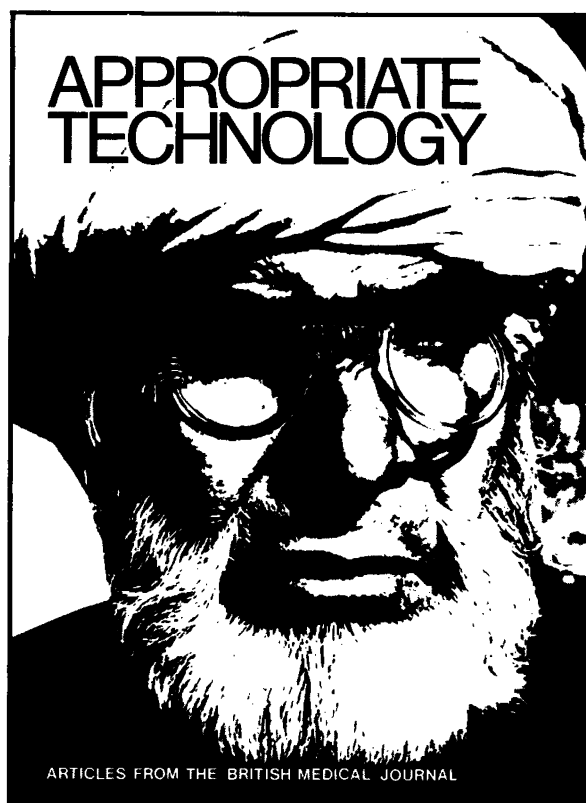
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these processes sometimes go wrong.*

*And so nature shows man where and how  
he can intervene and defend himself.  
With precision drugs that will selectively  
and safely correct what went wrong.  
Today's drugs grow from man's scientific  
knowledge of nature —  
but no longer on trees.*