Journal Review


The relationship between yeast colonization, symptoms and antifungal self-medication remains poorly understood. Previous studies have involved pregnant women or women using hormonal contraception, and many have been underpowered.

This American cohort study aimed to determine the prevalence of yeast colonisation over a 1-year period in 18–30-year-old, sexually active, non-pregnant women. A total of 1248 women were recruited and more than 80% of the scheduled visits at baseline, 4, 8 and 12 months were attended. At each visit a questionnaire was used to enquire about symptoms, antifungal use, sexual/personal behaviour and contraception in the preceding 4 months. A swab of vaginal fluid was transferred to candida-selective culture media. Some 70% of women were colonised by vaginal yeast at one or more visits, but only 4% were colonised at all four visits. Factors associated with yeast colonisation included marital status (OR 1.95, CI 1.1–1.5), depot medroxyprogesterone acetate (DMPA) use (OR 1.4, 95% CI 1.1–1.7), sexual activity in the previous 5 days (OR 1.5, 95% CI 1.2–1.8) and concurrent colonisation with lactobacillus and Group B streptococci. Symptoms of pruritus and vulvovaginal burning were associated with yeast colonisation but antifungal use was not.

The results support the concept that Candida albicans exists as part of the normal vaginal flora in many healthy asymptomatic women, and that host factors influence the development of symptoms. The authors suggest that the lack of an association with antifungal use casts doubt on the reliability of self-diagnosis and self-treatment of thrush symptoms. However, the study was limited by possible recall bias and the fact that most women were not examined at the time they had symptoms or used antifungal treatment. Moreover, the study population was relatively young (80% under 25 years) and from similar socioeconomic backgrounds, so may not be representative of the wider female population. The finding of an association between DMPA and yeast colonisation conflicts with previous studies showing a protective effect against yeast colonisation. Furthermore, the finding is therefore required data to form an association between yeast colonisation and injectable progestogen-only contraceptives.

Reviewed by Louise Melvin, MB ChB, DMRCOG, DPFF, Clinical Research Fellow, Simpson Centre for Reproductive Health, Royal Infirmary of Edinburgh, Edinburgh, UK


This is a comprehensive review of the progress made so far in the attempts to develop a credible male hormonal contraceptive. The principle behind male hormonal contraception is that it is possible to arrest sperm production by administering exogenous sex steroids that act via the hypothalamo-pituitary axis to suppress luteinising hormone and follicle-stimulating hormone levels. This approach also decreases production of testosterone so ‘add-back’ androgens are required to maintain physiological levels. Grimes et al. conducted a review of only the randomised controlled male hormonal contraceptive trials that used azospermia as their outcome. They justified their exclusion of studies reporting oligozoospermia as an outcome by two observations. First, that it will be difficult to achieve azospermia for contraceptive efficacy. However, it has previously been established that severe oligozoospermia (≤1 million/ml) would provide efficacy comparable with existing methods of contraception. Their second reason is more robust, stating that the definitions of oligozoospermia varied greatly between trials and made exact comparisons difficult.

There are many different regimens that have been tested as potential male hormonal contraceptives including testosterone alone, and testosterone in conjunction with progestogens or GnRH antagonists. Testosterone is currently available as short- and long-acting injectables, slow-release subcutaneous pellets, transdermal patches, cutaneous gel, oral preparations and a buccal adhesive tablet. Progestogens are available as short- and long-acting injectables, slow-release subcutaneous pellets, transdermal patches, cutaneous gel, oral preparations and a buccal adhesive tablet. GnRH antagonists are currently only available as injectables. There is therefore a very wide range of potential combinations of steroids and delivery methods. They concluded that the abilities of the various regimens analysed varied hugely from 0–100% in the proportion of men who attain azospermia and that the trial periods used also demonstrated a wide range from 8 weeks to 1 year. The most promising combinations are all progestogen and testosterone regimens but there is not currently any regimen ready for clinical use. They also commented on some of the problems encountered by studies performed in this field to date. Many of the trials are underpowered, resulting in fragmented data. There are large numbers of different regimens under investigation making direct comparisons difficult. The new randomisedcontrolled trials for large-scale trials with sufficient participants to be able to confidently assess efficacy. These are currently ongoing; there is a Phase III study in progress in China and a large-scale commercial study underway in Europe.

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There is no doubt about the attractiveness of combined hormonal contraceptives administered in such a way as to avoid hepatic first-pass metabolism and variable efficacy in the presence of concomitant medical conditions. Organon in The Netherlands focuses on the NuvaRing® contraceptive vaginal ring. This ring releases 15 µg ethinylestradiol and 120 µg levonorgestrel per day and is inserted for 3 weeks followed by a 1 week ring-free period. Previously it has been demonstrated that this regimen suppresses ovarian function and inhibits ovulation with a predictable cyclical bleeding pattern. The purpose of this study was to compare the effect on ovarian function of the vaginal contraceptive ring with a standard oral contraceptive pill (Microgynon 30®: 30 µg ethinylestradiol and 150 µg levonorgestrel) in healthy volunteers. Women, shown to ovulate in a screening cycle, were randomised to two monitored cycles with the vaginal ring (n = 21) or contraceptive pill (n = 19). Ovarian function was measured by transvaginal ultrasonography and hormone measurement every 3 days during the study cycles. The study was powered to detect a difference in the ratio of the maximum follicular diameter measured of 1.32. In both cycles ovulation did not occur in any treatment group. However, in the first cycle of treatment there was less follicular suppression in the vaginal ring group (0.7 mm in ring and 5.9 mm in pill groups; ratio 1.32 (1.06–1.62)). This was not seen in the second cycle (1.11 (0.91–1.36)). The authors suggest that this difference is because the ring is started on Day 5 of the first cycle whereas the pill is started on Day 1. Indeed the endometrial thickness seemed higher at the first cycle of the ring treatment but not in the second. Obviously this was not an efficacy study and the authors claim similar ovarian suppression for the pill and vaginal ring in the second month of the study. However, they also measured serum oestradiol, luteinising hormone and follicle-stimulating hormone concentrations in each cycle. The study was not powered to analyse these and statistical analysis was not done. However, in both cycles it appeared that concentrations of all these hormones tended to be higher for the vaginal ring than for the pill treatment. Although ovulation may not occur, it is still not entirely clear that the biochemical suppression of ovarian function is the same with the vaginal ring as with oral contraceptive pill.

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Vaginal yeast colonization in non-pregnant women: a longitudinal study

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