Identification, Distribution and Antifungal Sensitivity of Candida Species in Vulvovaginal Candidiasis

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ABSTRACT

Objective: To identify the distribution pattern and antifungal sensitivity of candida species in vulvovaginal candidiasis to improve patient safety and provide better health care.

Study Design: Descriptive cross-sectional study.

Place and Duration of Study: Department of Microbiology at the Armed Forces Institute of Pathology in association with Combined Military Hospital Rawalpindi Pakistan, from Apr 2018 to Sep 2018.

Methodology: The *Candida* strains were isolated from high vaginal swabs and were cultured on Sabouraud's dextrose agar and then stored in glycerol broth. To confirm growth, Gram staining was performed and the documentation was done using growth pattern on CHROM agar and biochemical testing with API 20 C AUX. The antifungal sensitivity pattern was checked by disc diffusion method on Sabouraud's Dextrose Agar with drug disks of Nystatin 100 units/disc, Miconazole 10µg, Fluconazole 25µg (Oxoid), Amphotericin 20µg and Clotrimazole 10µg.

Results: Among 100 collected isolates of *candida* species 68% were *C. albicans* and 32% were non-albicans, comprising *C. glabrata* 16%, *C. tropicalis* 8%, *C. famata* 4 (4%), *C. guilliermondii* 2 (2%), *S. cerevisiae* 1 (1%) and *C. lusitaniae* 1 (1%). Moreover, *C. albicans, C. glabrata* (16%), and *C. tropicalis* (8%) were found to be susceptible to antifungals used in this study, while *C. famata* (4%), *C. guilliermondii* 2 (2%), and *S. cerevisiae* (1%) revealed maximum resistance against these antifungals.

Conclusion: This study display that *C. albicans* is greater than non-albicans candida in patients with VVC and non-albicans *candida* species are found to be almost completely resistant against commonly prescribed anti-fungal drugs.

Keywords: Antifungal sensitivity, Candida spp., Patient safety, Vulvovaginal candidiasis.

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INTRODUCTION

The *Candida* species reside as 10-20% of normal flora in the lower genitalia of healthy asymptomatic women and among these most important is *Candida* albicans being the root cause of 50-90% of candidiasis in humans.¹ Altered host defence system of the human body coverts these commensals into pathogens. *Candida albicans* improves the immunity of the host by limiting the growth of other pathogenic fungi. "Vaginal candidiasis" or "vulvovaginal candidiasis (VVC)" is VVC is defined as inflammation of the vulvovaginal mucosa in the presence of *Candida* and absence of other infectious etiologies.²

In the last couple of decades, the spread of mycotic infections, extended hospital stay and misuse of antibiotics has led to an augmented frequency of deep fungal infections in affected populations. Statistically, it is ascertained that approximately 75%

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of young women suffer from a physician-approved VVC during their lifespan^{3,4} and 5% of these infections are recurrent occurring at least 4 times in one year. Among hundred candida species, *C. albicans, glabrata, tropicalis, stellatoidea, parapsilosis, catemilata, ciferri, guilliermondii, haemulonii, kefyr,* and *krusei* are frequently isolated in hospital infections.⁵ In 70-90% of VVC cases, *C.albicans* is declared as the main etiological agent followed by *C.glabrata* which has been stated to reveal high prevalence and resistance to azoles.⁶

In a study carried out in tertiary care hospital in Pakistan, it was observed that vaginal candidiasis had an 18.3% prevalence in the study population.⁵ Frequently used drugs for candidiasis are amphotericin B and fluconazole, members of polyenes and azoles groups of antifungal agents respectively. However, *C. krusei* and *C. glabrata* display total resistance and decreased predisposition to fluconazole and first-line antifungal treatment with amphotericin B.⁷ This emphasized the need for precise documentation of *candida* species and their antibiograms for successful therapy of patients. In the past, *C.albicans* was considered the main etiological agent for VVC but now the involvement of non-albicans species is also evident. Therefore, knowledge of genital *candida* species and patterns of drug resistance is important in the management of patients and in preventing complications. This study is aimed to recognize different species of *candida* collected from women presenting with VVC and to detect the sensitivity pattern of collected *Candida* isolates against antifungal drugs used in this study.

In routine clinical practice, candida infections are treated with antifungal drugs without lab documentation of candida species and knowing the sensitivity pattern of the isolated candida. This practice is also true for a majority of hospitals in Pakistan. Deficiency of this susceptibility data of candida species to antifungal agents sometimes dilutes the effect of therapy. It has been highlighted in many studies that non-albicans candida like krusei and glabrata have shown diminished sensitivity to frequently used antifungals like fluconazole. On the other hand, C. albicans has also developed resistance against the azole group.8 Apropos, identification of various candida species and susceptibility patterns to commonly prescribed antifungals has become imperative for the appropriate treatment of infections caused by this organism.

METHODOLOGY

This descriptive cross-sectional data-based study was carried out from April 2018 to September 2018 at the Armed Forces Institute of Pathology (AFIP) in alliance with Combined Military Hospital Rawalpindi Pakistan. A total of 100 candida isolates were collected using high vaginal swab (HVS) specimens coming to Microbiology Labs of the Army Medical College (AMC) and AFIP, saved in glycerol broth, and later on cultured on Sabouraud's dextrose agar (SDA).

Inclusion Criteria

All pregnant, non-pregnant, and post-menopausal ladies with vaginal candidiasis were considered as inclusion criteria from the study.

Exclusion Criteria

Patients taking medication of any antifungals for any complaint and Women with infections of the reproductive tract other than vaginal candidiasis and skin disease were excluded from the study.

Considering the prevalence of vaginal candidiasis to be $18.3\%^4$ in a two-year study period, the size of the sample was calculated by using the formula N=(Z2) Pq/E2 was 239. In this study, because of time and

resource limitations, the minimum desired number of samples to be analyzed was 100. The sampling technique used was Non-probability convenient sampling. Samples were collected after formal approval by the ethical review committee of Riphah International University, Islamabad (ltr no. Riphah/ERC/16/0237). All the HVS samples of candida growth were processed for confirmation and differentiation of *Candida species*.

These collected candida isolates (preserved in glycerol) were cultured on SDA plates and Gram staining was done to confirm the growth of purplecolored ovoid budding yeast and for purity of the culture. All candida isolates were inoculated onto Sabouraud's dextrose agar and the culture plate was incubated at 37°C for 48 hours, cultures were inspected for pasty, creamy, smooth, and white colonial growth of candida. Identification and speciation of Candida isolates were further done by Germ Tube Test and different color of colonies on CHROM agar culture plates. API (Analytical Profile Index) 20C AUX (Biomerieux, France) was used to perform Carbohydrate fermentation tests. The numerical profile booklet was checked for documentation of candida species with the help of manual digital entry of results. This was accomplished using the database (V4.0)* with the Analytical Profile Index: API web TM identification software - the 7-digit numerical profile was entered manually via the keyboard.

The sensitivity pattern of candida species against antifungals was checked on Mueller-Hinton Agar (Oxoid, UK) by disk diffusion method. Culture media was supplemented with glucose to a final concentration of 2%, which helped to provide a suitable medium for fungal growth, and the addition of 0.5 µg/ml methylene blue dye was poured to enhance the zone edge definition. The inoculated plates were kept for incubation at 35°C for 48 hours. Diameters of the Zone of inhibition were noted after 48 hours and were interpreted using approved CLSI guidelines M44-A2 Vol. 29 and the isolates were categorized as resistant, intermediate, and sensitive. The antifungal disks used were Nystatin 100 units/disc(Oxoid), Miconazole10µg (Oxoid), Fluconazole 25µg (Oxoid), Amphotericin 20 µg (Oxoid), and Clotrimazole 10µg (Oxoid).9

Data analysis was accomplished utilizing Statistical Package for Social Sciences (SPSS) version 21. Each categorical variable was calculated with the assistance of Simple descriptive statistics (frequencies, percentages). The Chi-square test was pragmatic to conclude the statistical significance and a p-value less than 0.05 was declared as statistically significant.

Zone Diameter, mm			
Drug name	Sensitive (S)	Dose-Dependent (DD)	Resistance (R)
Nystatin (100 units)	≥25	17-24	≤16
Clotrimazole (10µg)	≥20	12-19	≤11
Miconazole (10µg)	≥20	12-19	≤11
Fluconazole (25µg)	≥19mm	18-15	≤14
Amphotericin (20µg)	>15 mm.	-	NZ

*S: Sensitive; SDD: Sensitive Dose-Dependent; R: Resistant; NZ: No Zone

RESULTS

Gram staining of all collected Candida strains revealed a purple ovoid structure. Among these 68% of samples revealed the presence of germ tube while 32% of samples were found to be negative for germ tube production. Growth on CHROM agar plate indicated, 16 (16%) pinkish purple colonies that were labeled as C.glabrata, 8 (8%) blue colonies as C.tropicalis, 4 (4%) light pink colonies of C.famata while 68 (68%) samples displayed green colored colonies of candida albicans. Four samples showed blue to mauvecolored colonies which after API testing identified as C. guilliermondii 2 (2%), Saccharomyces cerevisiae 1 (1%), and C. lusitaniae 1 (1%). The API 20 C AUX tests recognized the Candida species on account of fermentation patterns and consumption of different sugars. The confirmatory test by API yielded seven species of Candida as a complete figure i.e. albicans, C. glabrata, C. tropicalis, C. guilliermondii, C.famata, Saccharomyces cerevisiae, and C. lusitaniae.

Results of Antifungal Sensitivity of C. Albicans

According to the results of growth on CHROM agar plates and API most frequently found candida species in this study was candida albicans; to be calculated as 68 (68%) of total samples. According to sensitivity results among these 68 isolated samples, 63 (93%) samples were sensitive to Miconazole, 1 (1%) samples were resistant and 4 (6%) showed dose-dependent (intermediate) response. 38 (56%) samples were sensitive to nystatin while 30 (44%) revealed dose dependent response against Nystatin drug disc. (Figure-1) Out of 68 total candida albicans, 67 (99%) were sensitive to Amphotericin and Fluconazole while 1(1%) was resistant and no sample revealed a dose-

dependent response against these two drugs. All samples were found to be susceptible to Clotrimazole.



Figure-1: Results of Antifungal Sensitivity Testing.

Comparison of Antifungal Sensitivity of All Isolated Candida Species

A comparative vulnerability pattern of isolated candida species against five antifungals used in this study has been presented in the Figure-2.

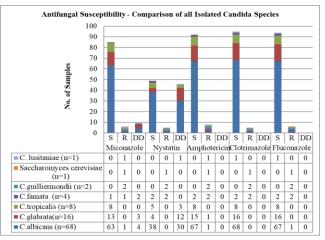


Figure-2: Comparative Analysis Sensitivity Results of All Collected Isolates.

DISCUSSION

Documentation of vaginal candidiasis relies on clinical features and direct microscopic examination but CDC recommends vaginal culture as a mandatory step before establishing the diagnosis¹⁰ Considering the different colors and consistency of colonies "CHRO Magar Candida", provided a fast and convincing recognition of frequently found yeasts species. In this study C. albicans was the most frequently isolated species (68%) followed by C. glabrata (16%), C. tropicalis (8%), C. famata (4%), and other species (4%), these findings are similar to the study results carried out in different countries where C. glabrata was the most common species second isolated from samples.^{11,12} However some studies evidence the underlining shifting trend of *Candida* infections towards NAC species.¹³

The in vitro susceptibility pattern of diseasecausing candida against a particular antimicrobial drug has been evaluated to check the therapeutic response of selected drugs in the successful treatment of patients. The antifungal sensitivity pattern of fluconazole against C. albicans showed almost complete (99%) sensitivity and only 1% were resistant (Figure-2). This sensitivity rate is more or less equivalent to studies conducted earlier by Fuller et al & Brescini et al14,15 but it is contrary to the findings of study conducted by Hashemi et al & Adjapong et al which reveal lowest susceptibility against azole group.8,16 These differences could be due to changed geogrhical circumstances. Our results of antifungal sensitivity against Fluconazole are similar to the result of Ayesha et al, who presented C. albicans as highly sensitive to fluconazole exposing a resistance rate of only 1.2%, in contrast to a high level of resistance by non-albicans species of Candida to fluconazole.⁵ In present study all isolates of C. guilliermondii and S. cerevisiae were found to be resistant to Fluconazole. The present study shows 93% susceptibility of candida albicans against Miconazole as compared to 1% resistance, 81% susceptibility was shown by candida glabrata while all the C.tropicalis were found to be sensitive to Miconazole. These results are in accordance with the study conducted by Vanaja et al in Chennai, India, which showed complete sensitivity of C.albicans, C.glabrata, and C. tropicalis against Miconazole.17 The 50% isolated C. famata was sensitive to Miconazole while half were resistant. All other candida species including C. guilliermondii, S. cerevisiae, and C.lusitaniae showed complete resistance to Miconazole as was proven by Kanishka et al as well.¹⁸

According to the present study, 56% of *C. albicans* were susceptible while 44% showed a dose-dependent response against antifungal Nystatin, and no resistance was observed that is in accordance with a study conducted by Shrestha *et al* who revealeled maximum susceptibility against commonly used antifungals.¹⁹ The 30% *C. albicans*, 75% *C. glabrata*, and 37% *C. tropicalis* showed dose-dependent response against Nystatin and this outcome is in accordance with the research result conducted Capoci *et al*, narrated that candida species responsible for VVC displayed the most DDS (dose-dependent sensitivity) for Nystatin ^{2,20}. About 50% of *C. famata* was susceptible and 50%

were found to be resistant to Nystatin while *C. guilliermondii* and *S. cerevisiae* were resistant and *C. lusitaniae* isolates revealed a dose-dependent response.

Some studies direct that the susceptibility of Candida species that are linked with VVC is erratic or changeable. Regarding Amphotericin B almost all candida albicans (99%) and C. tropicalis were sensitive to this antifungal drug. C. glabrata showed 94% sensitivity and 6% resistance against Amphotericin B. These results are consistent with Lakshmi et al, which showed 80% susceptibility of C. albicans and 92% susceptibility of non-albicans candida species against Amphotericin B.21 The sensitivity results of Amphotericin B during this study display that this drug is sensitive against all species of Candida like C. albicans, C. glabrata, and C. tropicalis. This is consistent with a study carried out in a tertiary care hospital in Rawalpindi, Pakistan by Ayesha et al. A high level of resistance was seen in non-albicans candida as compared with C. albicans against antifungal drugs as proved by other studies.²² Moreover, 50% of C. famata was sensitive and 50% was found to be resistant. C. guilliermondii, S. *cerevisiae*, and *C. lusitaniae* showed complete resistance. Complete strains of C. albicans, C. glabrata, and C. tropicalis were sensitive to Clotrimazole while C. guilliermondii and S. cerevisiae strains were resistant. 50% of C. famata was susceptible and 50% were resistant to Amphotericin B and C. lusitaniae showed a dosedependent response. In contrast to this study, Lakshmi et al reported 78% of C. albicans and 69% of nonalbicans candida showed sensitivity to Clotrimazole.21 It has been stated that C. lusitaniae shows higher intrinsic resistance to amphotericin B while it is susceptible to azoles,16 while another study revealed no resistance against amphotericin B.23

There is a difference in sensitivity patterns of *Candida* isolates in different countries that are attributable to environmental variations, the lifestyle of patients, and clinical practices that lead to altered drug response.

CONCLUSION

Regarding the overall outcomes of the present study, it has been postulated that the prevalence of *C. albicans* and susceptibility to antifungals, is still greater than in nonalbicans species in patients with VVC. In addition nonalbicans candida species reveal almost complete resistance against commonly prescribed anti-fungal drugs. These factors promote the recurrence of vaginal candidiasis and the persistence of infection. The evidence encourage the use of azoles for empirical therapy of uncomplicated vaginal infections due to candida species. In contrast, recurring episodes frequently triggered by non-albicans species don't respond to these antifungals.

Fluconazole (routinely prescribed antifungal) is still an effective drug against *C. albicans* while Amphotericin B is an effective antifungal against *C. albicans, C. tropicalis,* and *C. glabrata* while nonalbicans candida is found to be resistant to this drug. Miconazole, Nystatin, and Clotrimazole are effective against *C. albicans, C. glabrata,* and *C. tropicalis* but show resistance against *C. guilliermondii, S. cerevisiae,* and *C. lusitiniae.*

STUDY LIMITATIONS

Data from diverse areas of Punjab and other antifungals (other than the five antifungals used in this study) could not be tested because of limited stock and availability.

RECOMMENDATION

The results of the present study can help us to predict and forecast the clinical response, which in turn can be used in an empirical selection of antifungals. This practice is recommended for a prolonged treatment plan and in a selection of alternative regimens.

Conflict of Interest: None

Author Contribution

UM: Substantial contributions to study design, acquisition of data, substantial contributions to analysis and interpretation of data, manuscript drafting and has given final approval of the version to be published.

GZ: Substantial contributions to concept, study design, critical review and has given final approval of the version to be published.

LS: Substantial contributions to analysis and interpretation of data, critical review, has given final approval of the version to be published.

ST: Substantial contributions to analysis and interpretation of data and Manuscript drafting.

MN: Substantial contributions to analysis and interpretation of data and Manuscript drafting.

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