



Gentian Violet 1% in water in lactational fungae treatment: obsolete or innovative?

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Brief biography

Gonneke van Veldhuizen-Staas, IBCLC, Merkelbeek, The Netherlands, lactation consultant since 1992, works as lactation consultant in private practice and is a professor in Lactation Consulting at KHLim, Hasselt, Belgium and Arteveldehogeschool, Gent, Belgium, as well as a lecturer on breastfeeding conferences, seminars and classes for health professionals. Specialty fields are optimizing normal breastfeeding and low-tech breastfeeding solutions.

Oral thrush is a common phenomena in infants as is candidiasis on the breast of lactating women. Diagnosis most often is done by clinical observation and, retrospectively, by positive reaction to fungal treatment. Both under- and over-diagnosis are reported, and the presence of *Candida Albicans* is both showed and failed to be shown in the milk of symptomatic and a-symptomatic lactating women. Treatment consists primarily of oral ointment and topical preparations with nystatine and/or miconazole. In daily practice treatment often does not end fungal infections. This can be because of incorrect use or because the dosage is too small and treatment too short. Resistance in fungae for nystatine and miconazole may play a role as well. Nystatine and miconazol treatment is experienced as "a hassle" by many mothers and babies may resent being treated with these medications several times a day after feeding.

In the course of my 20+ years of lactation consulting experience I have seen an increase in persistent, early onset and recurring candida in the breastfeeding dyad. Alternating periods of resistance for nystatin and miconazol, and the recent contra-indication for oral miconazol treatment urged for an alternate treatment. Dietairy adaptations and specific anti-fungal hygiene in combination with Gentian Violet (Cristal Violet, Gentian Blau, Methylosanaline) is a working option for many desparate women, and for a growing cohort of women as a treatment of first choice. Used frequently in both humans and farm and pet animals in history, Gentian Violet is now often seen as obsolete or even dangerous. No evidence exists, however, on the carciogenity when used as a topical thrush treatment. Feedback from users reports good user satisfaction and praise the user-friendliness.

In this presentation I report on my experiences with Gentian Violet in the treatment of *Candida Albicans* infections in breastfeeding dyads and other uses. Further research will be needed to scientifically identify the characteristics of Gentian Violet in comparison to more mainstream treatment options.



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