

DISKURS Dermatologie

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Recognising dermatological diseases and treating them properly

Biofilm – the challenge in wound care

Interdisciplinary to therapeutic success with chronic inflammatory diseases



“Even in nursing homes we were able to effectively reduce the rate of nail fungus sufferers”

Interview with Anke Niederau (Düsseldorf)

Fungal nail diseases are among the most frequent and most persistent problems that patients present with in dermatological or podiatric practices. Since its launch just over a year ago, Spirularin® Nail Spray has proven to be an innovative yet really user-friendly alternative for the regeneration of damaged nails – especially for people with limited mobility. The Nail Spray with the patented microalgae active ingredient Spiralin® – which has already been proven in our Nail Serum – is really easy to spray onto the nails and surrounding skin tissue. We spoke to podiatrist, medical educator and specialist book author (“The Big Book of Nail Diseases” (German original “Das Große Buch der Nagelerkrankungen”)) Anke Niederau about our Product of the Year 2021.



DISKURS Dermatologie:

Ms Niederau, what is the clientele like in your podiatry practice?

A. Niederau:

They're predominantly elderly patients with weakened immune defences due to circulatory disorders, often with type II diabetes. Besides outpatients in my own practice, I provide care for two nursing homes. Unfortunately, many residents there died in the first corona wave. Since then, I've also had an increasing number of patients suffering from the long-term effects of COVID-19. We call this Long Covid – and it has effects on the feet too. COVID-19 isn't just a lung disease – it's also a disease of the blood vessels, including those in the feet – as we learnt the hard way.

DISKURS Dermatologie:

What do circulatory problems of any origin mean for foot health?

A. Niederau:

You can generally say that circulatory disorders lead to a weakening of the important skin barrier function – especially on the feet. The skin dries out and becomes very susceptible to germs – germs that skin with a healthy skin barrier would otherwise fight off. That means many diabetics and older people have a far higher than average incidence of fungal infections on their feet and nails. Treatment of fungal nails plays a key role in every podiatrist's practice.

DISKURS Dermatologie:

Already in its 4th German edition, your compendium “The Big Book of Nail Diseases” has been translated into 10 languages and serves as a basic reference book for many practitioners and students of podiatry. In it, you describe a successful method for treating mycotic nails in podiatry practice. Can you briefly explain this method?

A. Niederau:

I'd love to. For the best possible and lasting success of the treatment, I proceed in three steps. In the first step, I remove the parts of the nail destroyed by fungus using a cutter. I recommend dry cutters with good suction for this – so the spread of spores and fungal cells is reduced to a minimum, also for self-protection. I then apply a urea occlusive dressing



Praxiskonzept zur Behandlung von Nägeln mit Nagelpilz nach A. Niederau – Vergleich von Nagelserum mit Nagelspray am selben Patienten.

(40% paste in aqueous medium) to the affected nails for 2-3 days. Urea selectively penetrates the remaining damaged parts of the nail and softens these remaining parts thanks to its strong water-binding capacity. The healthy part of the nail remains completely intact. I can then easily remove these portions after opening the dressing.

DISKURS Dermatologie:

What does step 3 look like then?

A. Niederau:

It's now the patient's own responsibility to make sure a fungus-free, healthy nail can rebuild successfully. I recommend applying Spirularin Nail Serum or Spirularin Nail Spray twice a day until the nail has grown out completely healthy. Even though this is always a lengthy process – because toenails grow very slowly, especially in older people and diabetics – my success is really great with the method in a great deal of cases. Even in the nursing homes I provide care for, we've been able to effectively reduce the number of people affected by nail fungus.

DISKURS Dermatologie:

Why is the special care with Spirularin nail products so effective from your point of view?

A. Niederau:

Spirularin uses the natural fungicidal properties of special microalgae strains that are activated by a special proprietary preparation process used by the manufacturer. I can only say that this is highly effective in preventing renewed flare-ups of the infection when used regularly. Plus, it can be used without hesitation in the daily special care of diabetics, immunocompromised patients, pregnant women and even small children. I don't know of a better alternative at the moment – which even in the case of complete infestation and massive nail deformation ultimately leads to the goal in most cases.

DISKURS Dermatologie:

What are the differences between the Nail Serum and the Nail Spray?

A. Niederau:

Both products are equally effective in nail regeneration. The advantage of the Nail Serum is that only 1 drop is spread on all 10 nails and rubbed

in. The small 10 ml bottle is very economical and lasts up to 2 months when used as prescribed. The advantage of the Nail Spray is that you can spray it onto the nails quite accurately – even from a certain distance. This has great advantages for elderly patients with limited mobility who have no one else to apply the Nail Serum.

DISKURS Dermatologie:

Where can podiatry students and podiatrists learn your treatment methods?

A. Niederau:

In cooperation with the manufacturer, I offer training seminars for German practices and increasingly also for practices in other countries – sometimes with live transmission of a patient treatment. Training has been organised via online platforms since COVID-19. These platforms have become very well established in recent years.

DISKURS Dermatologie:

Dear Ms Niederau, thank you very much for the interview! ■

The interview was conducted by S. Steffens.

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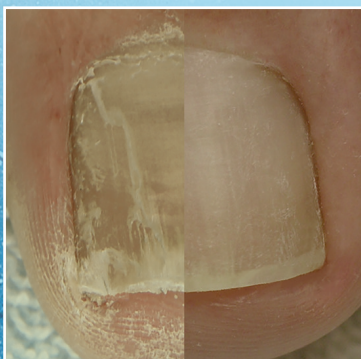
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