### Mucormyosis: Risk factors, treatment challenges and optimising management



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Mucormyosis: Risk factors, treatment challenges and optimizing management

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## Mucormycosis: Overview, prevalence and risk factors

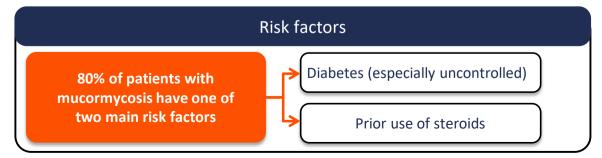
Mucormycosis is a rare but severe fungal infection caused by fungi in the order Mucorales

#### Presentation

 Presents as infection of nose/sinuses but can progress to eyes, brain and also infect the lungs

#### Prevalence

- Rare in the UK (less than 100 cases/year)<sup>1</sup>
- India has highest prevalence in the world (70 times higher than UK)<sup>2</sup>
- There is currently an epidemic in India amongst the recent COVID-19 surge (over 40,000 cases in 2021 before the start of July)<sup>3</sup>





1. Prakash H, et al. J Fungi. 2019;5:26; 2. Prakash H, et al. Microorganisms. 2021;9:523; 3. The Indian Express (2021). Available at: indianexpress.com/article/india/over-40k-had-mucormycosis-half-of-them-were-on-steroids-health-ministry-7380306 (accessed 21 July 2021).

# Mucormycosis: Treatment challenges and optimizing management

#### Major challenges in treatment

- Lack of early diagnostics (no biomarkers)
- Fast surgical access can be limited
- Antifungal therapy can be challenging due to drug toxicity, cost and drug shortages

#### Tips for optimal management

- Avoid steroids unless absolutely necessary
- Symptom awareness and early recognition
- Start antifungals but fast surgical referral is essential
- Tight management of blood sugar



