

Mucormyosis: Risk factors, treatment challenges and optimising management



Disclaimer

- *Unapproved products or unapproved uses of approved products may be discussed by the faculty; these situations may reflect the approval status in one or more jurisdictions*
- *The presenting faculty have been advised by touchIME to ensure that they disclose any such references made to unlabelled or unapproved use*
- *No endorsement by touchIME of any unapproved products or unapproved uses is either made or implied by mention of these products or uses in touchIME activities*
- *touchIME accepts no responsibility for errors or omissions*



Mucormyosis: Risk factors, treatment challenges and optimizing management



Dr Neil Stone

Consultant in Infectious Diseases
and Microbiology, Hospital for
Tropical Diseases, University
College London Hospitals, UK



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

Risk factors

80% of patients with mucormycosis have one of two main risk factors

Diabetes (especially uncontrolled)

Prior use of steroids

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

A multidisciplinary treatment approach is critical

ENT surgeon/
ophthalmologist

Infectious disease
physician

Intensive care
specialist

Diabetes
specialist