

Ciclopoli

against nail fungus



**Guide to
nail fungus & athlete's foot**

The guide to nail fungus & athlete's foot

is also available in the following languages:



Deutsch

Ratgeber Nagel- und Fußpilz



Español

Guía Pie de atleta y tiña de las uñas



Français

Guide des mycoses des ongles et des pieds



Türkçe

Tırnak ve Ayak Mantarı Kılavuzu



русский

Справочник по грибку ногтей и стопы



اللغة العربية
دليل فطر الأظافر والقدم



Myfungar® Nagellack CE 0477
Medizinprodukt

Ciclopoli® gegen Nagelpilz • Wirkstoff: Ciclopirox. **Anwendungsgebiete:** Pilzkrankungen der Nägel, die durch Fadenpilze (Dermatophyten) und/oder andere Pilze, die mit Ciclopirox behandelt werden können, verursacht wurden. **Warnhinweis:** Enthält Cetylstearylalkohol. Vorsicht: Brennbar. Von Hitze und offener Flamme fernhalten. **Stand:** November 2022.

Selergo® 1% Creme/Lösung • Wirkstoff: Ciclopirox-Olamin. **Anwendungsgebiete:** Alle Pilzkrankungen der Haut. **Warnhinweise:** **Creme:** Enthält Benzylalkohol, Butylhydroxytoluol (Ph.Eur.) (im weißen Vaseline), Cetylalkohol und Stearylalkohol. **Lösung:** Enthält Butylhydroxyanisol. **Stand:** Juni 2021.

Polichem SA; 50, Val Fleuri; LU-1526 Luxemburg • Mitvertrieb:
Almirall Hermal GmbH • D-21462 Reinbek • www.almirall.de • info@almirall.de

Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihre Ärztin, Ihren Arzt oder in Ihrer Apotheke.

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Nail fungus – what is it?

Nail fungus can affect anyone!

One in eight people in Germany is affected by onychomycosis, the medical term for nail fungus.

Around 50% of patients are over 60 years old.¹ However, active people who exercise frequently are also at risk. Furthermore, certain pre-existing conditions such as diabetes increase the risk of contracting nail fungus.



Older people



People with diabetes



People who exercise

Nail fungus is an infectious disease

Many people consider nail fungus to be a sign of poor hygiene. But the reality is: **nail fungus is an infectious disease** caused by **various fungi**.

The most common pathogens are filamentous fungi such as *Trichophyton rubrum*. Less common causes are yeasts and, rarely, moulds.

The disease occurs much more frequently on toenails than on fingernails. This is because toenails grow much more slowly than fingernails and are frequently covered by warm, damp shoes, which create an ideal climate for the fungus.



Nail fungus infection – how it happens!

You have to come into contact with the fungus for a fungal infection to develop in the first place. The smallest injuries in the nail or on the cuticle provide the entry point.

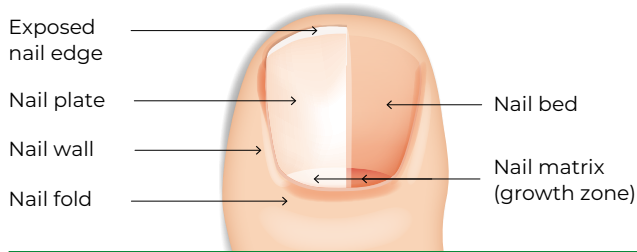
Sources of infection include swimming pools, saunas or changing rooms in gyms (i.e. areas where many people walk barefoot) as well as hotel carpets, rental shoes and shoe shops.

However, transmission can also occur at home via bath mats, shared towels or carpets.



1. Nail fungus is an infectious disease. Therefore, it can affect anyone.
2. Nail fungus is contagious and is transmitted from person to person, often within the family.
3. Nail fungus does not heal on its own and should therefore definitely be treated!

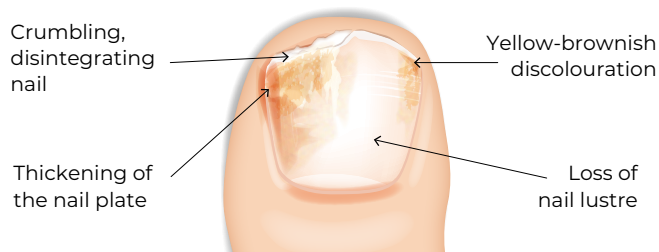
How do I recognise nail fungus?



Nail discolouration is often the first sign of a fungal nail infection. Infected nails lose their lustre and become cloudy and opaque.

Fungal infection usually first appears on the open edge of the nail as small, semi-circular white discolourations. The infection spreads from the outer edges of the open nail edge to the centre and the nail matrix.

This is what nail fungus may look like:



As the infection progresses, the affected nail areas turn yellowish to amber in colour, sometimes even darker.

Over time, the structure of the affected nails also changes: The nail plate thickens, its surface becomes uneven, and the nail begins to crumble at the open nail edge. Later, the nail often even detaches from the nail bed.

These changes to the nail remain painless for a long time. Pain only occurs when the nail no longer performs its protective function for the tip of the finger or toe.

Check your nails regularly for changes, because the sooner treatment is started, the better the chances of recovery.

If you have a fungal nail infection, it is advisable to start treatment immediately. If you are unsure, ask your pharmacy or medical practice for advice.

A typical progression of nail fungus infection

The nail is whitish-yellow at the lateral nail edges.



The infected nail area is yellow-brownish in colour.



Towards the front edge of the nail, the nail plate is yellow-whitish, thickened and brittle.



How can I treat nail fungus?

Nail fungus never heals by itself. On the contrary: the fungus is so well hidden under the nail plate that it can survive continuous treatment for months if the anti-fungal agent does not penetrate the nail.

Generally, the recommended treatment method is a **medical nail polish**, which is applied directly to the affected nail. These medical nail polishes are available over the counter in pharmacies.

In more advanced cases of fungal infestation, it may be necessary to take tablets in addition to topical medication. Tablets for treating nail fungus are only available on prescription and must be used under medical supervision.

How long does the treatment take?

The treatment of nail fungus is a lengthy process – hang in there! Treat your nail fungus until the affected nails are completely healed. To do this, the nail must grow back completely healthy. **The treatment duration depends on how quickly the nail grows. Generally, complete healing takes:**



Ciclopoli® – the No. 1 against nail fungus*



Ciclopoli® is the only water-soluble, medical nail polish that contains the active ingredient ciclopirox. It effectively combats mild to moderate nail fungal infections.

Powerful against nail fungus:

With 30 hours of anti-fungal activity.

The broad-spectrum antifungal agent ciclopirox in Ciclopoli® is **effective against all common fungal pathogens. There is no known resistance.**



With the Ciclopoli® deep-acting effect:

thanks to HPCH technology, **the active ingredient penetrates deep into the nail** where the fungus is located.



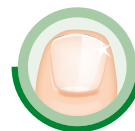
Easy to apply:

Simply brush on 1 × daily. Dries in 30 seconds. **No time-consuming filing** of the nail plate.



Invisible on the nail:

The nail polish is **completely absorbed** and **does not shine** on the nail surface.



Easy to remove:

No nail polish remover required.

Thanks to the water-soluble nail polish base, any polish residue can be washed off with water.



* According to packs sold and turnover, IQVIA pharmacy sales data 2024

How to treat your nail fungus with Ciclopoli®



Apply 1 x daily to the entire clean, dry nail and 5 mm of the surrounding skin – if possible, also under the open edge of the nail.



Dries in just 30 seconds.



Do not wash treated nails for **at least 6 hours** after application. Therefore, we recommend applying it in the evening before going to bed.



The next morning, any remaining nail polish can simply be washed off with water.

Is it OK to hide the ugly nail fungus under coloured nail polish? Better not!



Cosmetic nail polishes and nail polish removers in particular often contain solvents that cause additional damage to the nail. Stick with the treatment and look forward to healthy, beautiful nails!

Tips for treating your nail fungus infection



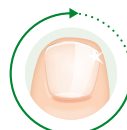
Change your towels and socks regularly. Wash them at a minimum of 60 °C.



Avoid sharing towels. Always use your own towel and nail care set.



Disinfect your shoes regularly to prevent re-infection.



Keep your nails clean and dry after showering. Inspect your nails regularly and take immediate action if you notice any changes.



In addition to treating nail fungus, you must also treat any foot or cutaneous fungus. You can find information on this topic on the following pages.

Tips for staying on top of your nail fungus treatment

Successful nail fungus treatment requires patience. If treatment is stopped too early, the infection will flare up again. It's worth seeing it through to the end!

- Incorporate the treatment into your daily routine. Use the **CicloNail app** for assistance, and set a daily reminder for treatment.
- Out of sight, out of mind! Place Ciclopoli® in a **clearly visible** place, e.g. in the bathroom cabinet next to your toothbrush mug.
- Document your success! With the **CicloNail app**, you can take pictures, keep an eye on the progress of your treatment and recognise successes more clearly.

Simply download the free **CicloNail app** on your smartphone and scan your nails!

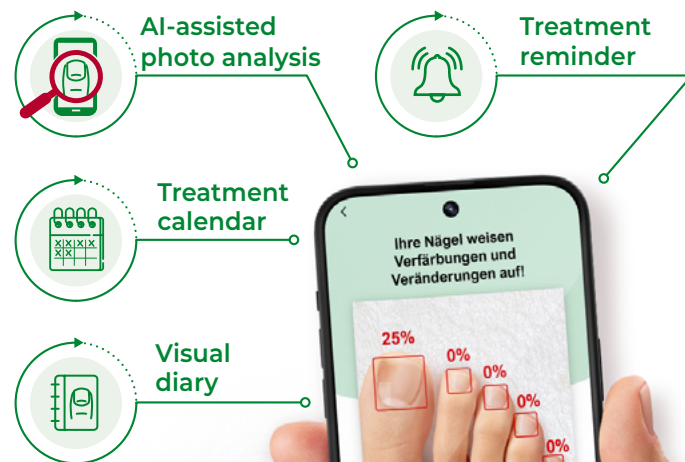


The **CicloNail app** is available in the App Store (Apple) or Google Play Store (Android).

CicloNail app

The **CicloNail app** supports your treatment by reminding you to use Ciclopoli® against nail fungus regularly and documents the progress of the treatment. It provides important information as well as tips and tricks on how to treat nail fungus.

The **CicloNail app** uses AI to analyse photos in order to detect any changes or discolouration of your nails. This allows you to recognise a potential fungal nail disease at an early stage and initiate treatment right away.





Ciclopoli® – powerful against nail fungus

The water-soluble nail polish makes all the difference:

- Quickly absorbed and deep-acting
- Simply brush on and you're done



Ciclopoli® with 6.6 ml content

Motivates to continue treatment
Sufficient for 6 months*



Ciclopoli® with 3.3 ml content

Start or complete ongoing treatment
Sufficient for 3 months*



Ciclopoli® with 6.6 ml content with application device

For even easier application.

Reusable: The non-slip grip can be placed on the conventional 6.6 ml bottle.

Sufficient for 6 months*



Ciclopoli® double pack with 12.3 ml (2 × 6.6 ml)

For the entire treatment duration
Sufficient for 12 months*

*For three infected nails, including 1 large toenail

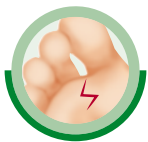
Treating nail fungus – the right product for every treatment requirement



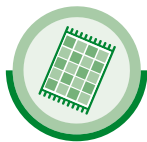
Athlete's foot infection – how it happens!

Nail and cutaneous fungus are caused by the same pathogens and promote each other. Almost every nail fungus started out as athlete's foot.

Micro-injuries to the skin are enough to provide the pathogens with an entry point. It is particularly easy for small injuries on the feet to go unnoticed and provide an entry point for the fungus, for example due to shoes that are too tight or impermeable to air.



Injuries to the skin



Carpets



Improper footwear

Like nail fungus, athlete's foot is contagious and can be transmitted directly from person to person as well as indirectly via carpets or bath mats.

Experts estimate that at least one in three has to contend with athlete's foot – so the risk of infection is correspondingly high.¹

How do I recognise athlete's foot?

Typical signs of a athlete's foot infection are **visibly red-dened skin** and **persistent itching**. As the infection progresses, the skin begins to ooze and tear. The affected areas also hurt during movement. If athlete's foot is not treated, the skin swells and flakes until larger and larger areas of skin peel off over time.

Check your toes, the spaces between your toes and the soles of your feet frequently for changes! Even if serious complications are rare, athlete's foot should always be treated. Otherwise, it may spread to other areas of the skin and the nails can also become infected (nail fungus).

How can I treat athlete's foot?

Athlete's foot is usually treated locally by applying anti-fungal creams, sprays or solutions. These products are available over the counter from pharmacies.

In cases of very extensive fungal infestation of the skin, it may be necessary to take tablets under medical supervision in addition to topical medication.

How long does treatment take?

The treatment period for athlete's foot usually lasts between 3–4 weeks. Consistent application is crucial.

Selergo® – the only non-prescription ciclopirox olamine

Selergo® is a broad-spectrum antifungal agent for treatment of fungal skin diseases.
For use in adults and school children.

How to treat your athlete's foot with Selergo®



Apply **2 x daily** to the affected areas; rub it in gently and let it dry.



It is best to **apply it after washing, showering or bathing**. This allows the cream/solution to take sufficient effect.



Continue treatment until the skin symptoms have subsided (approx. 2 weeks).

To avoid relapses, we recommend continuing treatment for another 1–2 weeks.

The tried and tested active ingredient ciclopirox olamine



attacks the fungal cells from the inside and outside and thus reliably kills all relevant fungal pathogens. The active ingredient also exerts an anti-inflammatory and antibacterial effect in vitro.

Powerful against athlete's foot

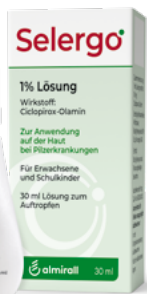
Selergo® 1% Cream & Solution

For use with athlete's foot and cutaneous fungus

- For all fungal diseases of the skin
- Available as a cream and solution
- Ciclopirox olamine exerts an anti-inflammatory effect and thus relieves burning and itching



Alcohol-free solution, gentle on the skin and easy to spread out



Targeted prevention of nail fungus

Myfungar® Hydrolack

Medical product for nail fungus prophylaxis

- Stabilises the nail structure with hydroxypropyl chitosan and protects against fungal infections
- Quickly absorbed, leaving an invisible protective film on the nail



HPCH protection for fungus-sensitive nails



Ciclopoli

against nail fungus

Powerful against nail fungus

The water-soluble nail polish makes all the difference:

✓ Quickly absorbed and deep-acting

🕒 Simply brush on and you're done

The No. 1 against nail fungus*



* According to packs sold and turnover, IQVIA pharmacy sales data 2024

1. Nenoff P, Ginter-Hanselmayer G, Tietz HJ. Onychomykose – ein Update, Teil 1. Hautarzt 2012 [Onychomycosis – an update, part 1. Dermatologist 2012]; 63: 30–38

Myfungar® nail polish  0477
Medical device

Ciclopoli® against nail fungus

Active ingredient: ciclopirox. **Areas of application:** fungal diseases of the nails caused by filamentous fungi (dermatophytes) and/or other fungi that can be treated with ciclopirox. **Warning:** contains cetyl stearyl alcohol. Caution: Flammable. Keep away from heat and open flames. **Version:** November 2022.

Selgero® 1% cream/solution

Active ingredient: ciclopirox olamine. **Areas of application:** all fungal diseases of the skin. **Warning: Cream:** contains benzyl alcohol, butylhydroxytoluene (Ph. Eur.) (in white petroleum jelly), cetyl alcohol and stearyl alcohol. **Solution:** contains butylated hydroxyanisole. **Version:** June 2021.

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For risks and side effects, read the package insert and ask your doctor or pharmacist.

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