



Curanail 5%  
nail lacquer  
(amorolfine 5%)

The UK's  
best selling brand  
for mild fungal nail  
infections<sup>1</sup>

# Key Facts

## on fungal nail infections

### Recognising a mild fungal nail infection

- Fungal nail infections (onychomycoses) are very common, estimated to affect over a million people in the UK<sup>2</sup>
- The majority of fungal nail infections (74%) are mild, affecting only the tip and the side of the nail<sup>3</sup>
- Fungal nail infections are more common in toenails than in fingernails<sup>2</sup>

#### Features of mild infections

- ✓ The tip of the nail turns white/yellow and thickens
- ✓ The infection spreads down from the top of the nail towards the matrix (base)
- ✓ Debris, such as skin and nail, accumulate under the nail bed
- ✓ The nail becomes scaly and distorted/misshapen



### Recognising potential customers

Certain factors increase the chances of someone getting a fungal nail infection. These include:<sup>2,4</sup>

- Older age
- Sports such as running and swimming
- Walking in bare feet in communal sports areas such as the gym
- Smoking
- Jobs that involve a person having their hands or feet in water, such as life guards or people washing dishes
- Certain medical conditions such as psoriasis or circulatory problems
- Athlete's foot

### Why it's important to treat fungal nail infections

Treating mild fungal nail infections early can help prevent:

- Spread of infection - to other nails or other people, e.g. by using shared towels or from communal bathing areas
- Pain and discomfort in the area around the nail
- Progression of a mild infection into a more serious one, which is harder to treat
- Potential loss of the nail
- Embarrassment from unsightly nails

#### Key prevention tips for your customers

- ✓ Nail files used on infected nails should not be used for healthy nails
- ✓ Wash and dry feet thoroughly every day, especially between toes
- ✓ Avoid sharing towels and bath mats
- ✓ Opt for cotton socks and leather shoes
- ✓ Change socks daily
- ✓ Avoid tight-fitting shoes
- ✓ Wear flip-flops in shared bathing areas
- ✓ Treat athlete's foot early before the infection spreads to the toenails – the two infections are linked

### Curanail 5% nail lacquer – the only once-weekly clinically proven treatment for mild fungal nail infections

Curanail 5% nail lacquer contains amorolfine, an effective and clinically proven topical antifungal treatment for mild fungal nail infections that was until recently only available on prescription.

#### Key features of Curanail:

- **The only once-weekly treatment** available over the counter for mild fungal nail infection
- **Convenient and easy** to apply nail lacquer
- Suitable for both **fingernails** and **toenails**
- **Kills and prevents the growth of the fungi, yeasts and moulds** that cause fungal nail infections<sup>5</sup>
- Works by **penetrating and reaching the deeper layers of the nail** where the infection is<sup>6,7</sup>
- Clinical response (cure or improvement) seen in **83% of fingernails and 80% of toenails** after 6 months of treatment<sup>8</sup>

#### You can recommend Curanail for:

- ✓ Those aged 18 years or over
- ✓ The treatment of mild cases of fungal nail infections that start at the nail tip and spread down towards the base that are caused by fungi (dermatophytes, yeasts and moulds)
- ✓ Use in a maximum of two nails

Customers with more than 2 nails affected may still be suitable for amorolfine but will need to be referred to a doctor.

**Remember:** Severe infections (matrix infection, white patches on nail surface or severe deformity) need referral to the doctor.

## How to apply Curanail in three steps

**1** File thoroughly the surface of the affected nail(s) using file supplied.

**2** Wipe over nail(s) with the cleansing swab supplied.

**3** Apply lacquer evenly over the surface of each affected nail using the applicator. Allow to dry.

## Helping customers in the pharmacy

### Encourage customers to stick to treatment

Treatment needs to be used for a long period of time to be effective - around 6 months for fingernails and 9-12 months for toenails. The pharmacy has a crucial role in encouraging customers to stick to treatment, especially in the first 3 months when improvement may not be so visible.

#### Tips include:

- Reminding customers that Curanail is a convenient, once-weekly treatment
- Using the Curanail diary card provided by your sales rep – encourage customers to make an appointment with the pharmacist for a 3-month review to monitor progress, check that Curanail is still appropriate and make sure they are using the product correctly
- Using the nail templates in the Curanail packs to help them monitor improvements
- Picking a day when they always apply the treatment
- Trying to build it into a routine, for example, after a bath, shower or following regular sporting activity

### Encourage sufferers to self-treat

- Sufferers most likely to seek treatment from the pharmacy rather than GP are those aged 35-60 years old<sup>9</sup>
- The RRP for Curanail is £18.99 for around 3 months' supply (equivalent to an estimated £6.30 per month), some customers may view this as a cost-effective treatment, compared with visiting a podiatrist or arranging to visit a doctor for a prescription

### Plan ahead for the summer

Some customers may want to deal with unsightly fungal infections of the toe in time for warmer weather and open toe shoes. Encourage them to start treatment early.

### Treat athlete's foot

The majority of fungal nail infections of the toenail occur as a result of existing athlete's foot infection.<sup>10</sup> Curanail therefore complements the existing athlete's foot category and provides potential for linked sales.

### References

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## Essential Product Information

**Presentation:** Curanail 5% Nail Lacquer contains 5% w/v amorolfine.

**Indications:** Mild distal and lateral subungual Onychomycoses caused by dermatophytes, yeasts and moulds limited to up to 2 nails.

**Dosage and Administration:** Adults Only – Apply to the affected finger or toe nails once weekly (see summary of product characteristics for full technique). Treatment duration depends on intensity and localisation of infection. Generally, six months (finger nails) and nine to twelve months (toe nails). Not recommended for use in patients under the age of 18.

**Contra-Indications:** Hypersensitivity. No experience in pregnancy and lactation, it should therefore be avoided.

**Precautions and Warnings:** Avoid contact with eyes, ears and mucous membranes. Patients with predisposing conditions such as peripheral circulatory disorders, diabetes mellitus and immunosuppression should be referred to a doctor. Patients with nail dystrophy and destroyed nail plate should also be referred to a doctor.

**Side Effects:** Adverse drug reactions are rare. Nail disorders (e.g. nail discoloration, broken nails, brittle nails) may occur. These reactions can also be linked to the onychomycosis itself.

System Organ Class	Frequency	Adverse drug reaction
Skin and subcutaneous tissue disorders	Rare ( $\geq 1/10000$ , $\leq 1/1000$ )	Nail disorder, nail discoloration, onychoclasia
	Very rare ( $\leq 1/10000$ )	Skin burning sensation, contact dermatitis

**Interactions:** No specific studies involving concomitant treatment with other topical medicines. Avoid nail varnish or artificial nails.

**Packaging Quantity and Cost:** Pack containing 3ml nail lacquer, cleansing swabs, applicators and nail files. 3ml (R) £18.99

**MA number:** PL 10590/0049

**Legal Category:** P

**Full prescribing information is available from:** Galderma (UK) Limited, Meridien House, 69-71 Clarendon Road, Watford, Hertfordshire, WD17 1DS. United Kingdom. Tel: +44 (0) 1923 208 950 Fax: +44 (0) 1923 208 999

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