Candida albicans and Herpes Simplex Virus

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**Candida albicans**

Candida albicans as a microorganism frequently reside at (skin) or in our bodies such as in GI tract, the mouth as well as in the vagina (Mayer, Wilson, & Hube, 2013). The genus Candida has nearly 200 different species, but hardly few can cause infections in people with weak immune systems (Spampinato & Leonardi, 2013). C. albicans is the conspicuous fungal pathogen that genome sequence is known. Enormous research has been carried out on this microorganism to understand the host-parasite interaction, infections as well as disease proliferation. Thus, the knowledge of its complete lifestyle will assist in developing potential antifungal drugs.

Moreover, the infection can take three forms; oropharyngeal candidiasis, vulvovaginal candidiasis, and invasive candidiasis. *Oropharyngeal candidiasis* also is known as thrush is the cause of infection in the mouth. *Vulvovaginal candidiasis* causes infection in the vagina, also known as a yeast infection. In addition, invasive candidiasis is the result of fungal entering into the bloodstream. It is mostly life-threatening, perhaps due to inefficient diagnostic methods. Different risk factors for this infection include surgery, burns, as well as previous administration of broad-spectrum antibiotics (Spampinato & Leonardi, 2013).

References

Mayer, F. L., Wilson, D., & Hube, B. (2013). Candida albicans pathogenicity mechanisms. *Virulence*, *4*(2), 119–128.

Spampinato, C., & Leonardi, D. (2013). Candida infections, causes, targets, and resistance mechanisms: traditional and alternative antifungal agents. *BioMed Research International*, *2013*.

**Herpes simplex Virus**

Herpes simplex Virus generally is known as herpes is mostly found in developed countries; nearly 35% and 40% (Wang, Liu, & Yang, 2016). HSV-1 is oral herpes that produces sores around the mouth and lips. Oral secretions are mainly responsible for its spread. People can acquire this infection at any age; however, the infection is likely to occur in early childhood.

HSV-2 is genital herpes and cause sores in areas below the waist. It is one of the leading reason for genital ulcer disease (GUD) in the United States. Multiple studies carried out in the United States, Africa as well as in Asia have shown HSV-2 is the reason for 60% of genital ulcers (Johnston & Corey, 2016). Furthermore, this type is mostly transmitted through sexual contact with an infected person. It also increases the risk of getting and spreading HIV infection. Antiviral medications can reduce the severity of infection. However, these cannot cure it. Therefore, care must be taken while dealing with infected persons. Always follow good hygiene practices and must cover and not touch the cold sores.

References

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Wang, Y., Liu, W., & Yang, J. (2016). Herpes simplex virus type 1 and type 2 infection increases atherosclerosis risk: Evidence-based on a meta-analysis. *BioMed Research International*, *2016*.