

# Tinea Cruris (Jock Itch)

## What is it?

- **Tinea Cruris/Jock Itch**– is a pruritic superficial fungal infection of the groin and adjacent skin; is the second most common clinical presentation for dermatophytosis; 3 times more common in men than women; more common in hot humid climates, also known as crotch rot
  - **Possible Complications**- secondary bacterial skin infections, side effects of medications, permanent change in the skin color of the area

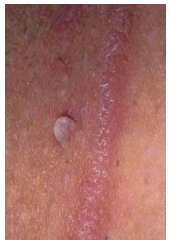


## Symptoms:

- **Symptoms**- patients often have concurrent dermatophyte infections of the hands and feet; rash and pruritus in the groin, itching or burning sensation in the groin area, thigh skin folds and may involve the inner thighs; red, tan or brown with flaking, rippling, peeling, cracking skin; may blister and ooze

## Recommendations:

- **Always**- put on socks before undershorts to reduce the possibility of direct contact, dry folds completely after bathing and use separate towels for drying the groin and other parts of the body; keep the skin dry and clean, avoid wearing clothing that rubs and irritates the skin, clean exercise equipment before use, shower immediately after athletic activities



## Facts:

- **Caused by**- visiting a tropical climate, sharing clothing with others, wearing tight-fitting clothes or bathing suit for extended periods of time, participating in sports, coexisting obesity or diabetes mellitus;
  - **Examples**- members of the armed forces, athletic teams, prison inmates, persons wearing tight fitting clothing

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- topical antifungal medications of the allylamine or imidazole family or antifungal therapy
- **See a Registered Dietitian**- for help as needed with weight loss

