

Tinea Versicolor

What is it?

- **Tinea Versicolor**– is a long term chronic fungal infection of the skin; the fungus prevents the skin from tanning so then there are pale and dark spots on dark skin

Symptoms:

- **Symptoms**- patches of discolored skin with sharp edges and fine scales; the patches are often dark reddish-tan in color; most common sites are the underarms, upper arms, back, chest and neck; skin may appear lighter than surrounding healthy skin; hyperpigmentation or hypopigmentation; increased sweating, itching, condition may come back in the warm months

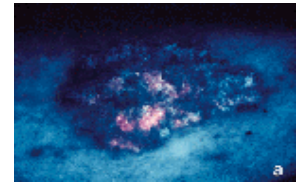


Recommendations:

- **Avoid**- excessive heat or sweating

Facts:

- **Caused by**- a overgrowth of yeast on the skin's surface; yeast normally lives in the pores of the skin and thrives in oily places (upper chest, back, and neck); an overgrowth results in a fungal infection that causes scaling, sometimes itch, and uneven skin color
- **Most Common**- in adolescents and young adult men, occurs in hot climates



What can I do?

- **See your Health Care Provider**- for more information
 - **Medications**- antifungal medicines to the skin, dandruff shampoo apply to the skin 10-12 minutes daily in the shower
 - **Tests and Diagnosis**- skin scrapings to show yeast; a visual exam of the skin to confirm the diagnosis; a Wood's lamp might also be used which is held 4 or 5 inches from the affected skin; the affected skin will appear yellowish green in color
 - **Treatment**- topical soaps, creams, lotions and shampoos, oral medications, medicated cleaners; the yeast is easy to kill but it takes weeks or months for the skin to return to normal

