Tinea Cruris
(Jock Itch, Fungal Infection of the Groin)

Tinea Cruris (Jock Itch) is a fungal infection of the skin in the groin area. It is sometimes called "ringworm" even though it is not due to a worm. A fungus is a type of germ that thrives in dark, damp places.

CAUSES

This infection may spread from:

- A fungus infection elsewhere on the body (such as athlete's foot)
- Sharing towels, clothing, etc.

This infection is more common in:

- Hot, humid climates.
- People who wear tight-fitting clothing or wet bathing suits for long periods of time.
- Athletes.
- Overweight people.
- Diabetics.

SYMPTOMS

Tinea cruris causes the following symptoms:

- Red, pink or brown rash in the groin. Rash may spread to the thighs, anus and buttocks.
- Itching

DIAGNOSIS

Your caregiver may make the diagnosis by looking at the rash. Sometimes a skin scraping will be sent to test for fungus. Testing can be done either by looking under the microscope or by doing a culture (test to try to grow the fungus). A culture can take up to 2 weeks to come back.

TREATMENT

Tinea cruris may be treated with:

- Skin cream or ointment to kill fungus.
- Medicine by mouth to kill fungus.
- Skin cream or ointment to calm the itching.
- Compresses or medicated powders to dry the infected skin.

HOME CARE INSTRUCTIONS

- Be sure to treat the rash completely – follow your caregiver's instructions. It can take a couple of weeks to treat. If you do not treat long enough, the rash can come back.
- Wear loose fitting clothing.
- Men should wear cotton boxer shorts
- Women should wear cotton underwear.
- Avoid hot baths.
- Dry the groin area well after bathing.

SEEK MEDICAL CARE IF:

- The rash is worse.
- The rash is spreading.
- The rash returns after treatment is finished.
- The rash is not gone in 4 weeks. Fungal infections are slow to respond to treatment. Some redness may remain for several weeks after the fungus is gone.

- You develop a fever of more than 100.5°F (38.1 °C).

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- The area becomes red, warm, tender, and swollen.
- An unexplained oral temperature above 102° F (38.9° C) develops.

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