

# TINEA CRURIS

(Jock Itch)

NOLENSVILLE FAMILY MEDICINE  
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## BASIC INFORMATION

### DESCRIPTION

Fungal infection of the skin in the groin. Tinea cruris is more likely to occur in men than in women.

### FREQUENT SIGNS AND SYMPTOMS

- Scaling patches on the skin of the groin, thighs, and buttocks.
- Patches have well-defined edges.
- Sometimes small, pus-filled blisters appear.
- Itching of involved areas.
- Pain (if the skin also becomes infected with bacteria).

### CAUSES

Infection by fungi called dermatophytes. These germs tend to grow in the darkness, warmth, and moisture of the body's groin area.

### RISK INCREASES WITH

- Hot, humid weather.
- Excessive sweating.
- Tight clothing.
- Obesity, which fosters sweating.
- Friction of skin against skin from constant movement.
- Contact with infected surfaces, such as towels or benches.
- Weak immune system due to illness or drugs.
- Diabetes.
- Other fungal infection such as athlete's foot (tinea pedis).

### PREVENTIVE MEASURES

- Dry completely after bathing. Use clean towel.
- Don't sit around in a wet bathing suit.
- Wear loose fitting, cotton underwear.
- Wear clean, dry athletic supporters and underwear for each workout.
- Use nonprescription tolnaftate (Tinactin) after bathing if you have had tinea cruris before. This powder can help prevent a recurrence.

### EXPECTED OUTCOMES

Symptoms can be controlled in 2 to 4 weeks with treatment.

### POSSIBLE COMPLICATIONS

- Recurrences are common.
- Bacterial infection in the affected area.



## DIAGNOSIS & TREATMENT

### GENERAL MEASURES

- Your health care provider will do a physical exam of the affected area. Medical tests may include a microscopic exam of scraped-off scales.
- Treatment usually involves a drug applied to the skin. Use it for the length of time prescribed, even if the rash goes away.
- For home care, follow the steps listed in Preventive Measures.
- If you also have an athlete's foot infection, treat both areas with equal care.

### MEDICATIONS

- You may use nonprescription, topical antifungal drugs for treatment and prevention.
- Other topical or oral (taken by mouth) antifungal drugs may be prescribed.

### ACTIVITY

No limits.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

- You or a family member has symptoms of tinea cruris.
- Rash worsens despite treatment.
- Infection recurs after treatment.

Special notes:

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