

TINEA CRURIS

What is Tinea Cruris?

“Jock itch” refers to any itchy groin rash in men and is not a medical term. There are many causes for jock itch. When jock itch is caused by a fungus, the rash is known as tinea cruris. The fungus causing tinea cruris is a microscopic organism that grows in the outer skin and prefers moisture. When the fungus infects the feet, it is known as “athlete’s foot” (tinea pedis). When the rash effects other parts of the body, it is known as tinea corporis.

Fortunately, tinea cruris is not contagious. Direct person-to-person spreading is not a problem. The patient’s own case of athlete’s foot is usually the source of infection, and re-infection of the groin produces tinea cruris.

Treatment:

Tinea cruris is treated with an antifungal medicine provided by our office applied thinly with your fingertips to the site twice daily. Spread the medicine on sparingly and massage it in gently until it disappears. To prevent recurrence, continue to apply the antifungal medicine for two weeks after the rash has cleared. Apply nothing else to your groin except water. Cleanse your groin with plain water, because soap can aggravate groin rashes. If cleanliness is a concern, consult your physician for the recommendation of a very mild cleanser to be used in the area. Tinea cruris usually clears promptly with antifungal medicines applied to the skin. If it doesn’t, you may need a 10 to 14 day treatment with an oral antifungal medicine. Tinea cruris is only one cause of groin itching. If your rash does not improve, please return for further evaluation.

Prevention:

Tinea cruris often recurs. Warmth and moisture encourage the fungus to grow. You can help prevent recurrences by drying off thoroughly after bathing, wearing loose cotton underwear, and dusting bland powder on your groin once or twice daily. After swimming, put on dry clothing right away; do not wear a wet swimsuit for extended period of time.