



INTERTRIGO

What is intertrigo and why does it develop?

Intertrigo is inflammation of the skin caused by irritation in body folds – especially the armpits, groin, or under the breasts. In many people, a yeast called *Candida albicans* aggravates the condition. This yeast does not normally live on the skin and will not survive on normal dry skin. However, in warm, moist body folds the yeast infection may develop.

Intertrigo can occur at any age in both men and women. In infants, intertrigo affecting the groin area is called a diaper rash.

What are the symptoms?

- The rash is bright red and varies from dry and flaky to moist and oozing.
- Itching and burning are common.

How is it treated?

- If the skin is weeping:
 - Apply a cold water compress (use a clean washcloth soaked in cold tap water).
 - Leave the compress on for 10-15 minutes.
 - Use the compress twice daily until the rash is gone.
- Topical creams:
 - Buy miconazole or clotrimazole cream AND hydrocortisone 1% cream (both are available without a prescription).
 - Apply a thin layer of each cream twice daily – if you are using a cold water compress, apply the creams after the compress; otherwise, just apply the creams to the rash area.
 - The rash usually disappears after 2 to 3 weeks of treatment.

What can I do to prevent intertrigo?

Keeping your skin clean and dry can often prevent Intertrigo. Follow the simple suggestions:

- Use a blow dryer on a low-setting to dry the body-fold areas after bathing.
- Sprinkle a drying powder such as Zeasorb-AF on these areas.
- If possible, wear loose-fitting clothes.
- Weight loss may be beneficial.