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## JOCK ITCH

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### **What is “jock itch” and why does it develop?**

Jock itch, also called ringworm of the crotch or tinea cruris, is a very common skin condition caused by a fungus infection.

The fungus that causes jock itch is everywhere in the environment. It grows best in warm, moist places. Jock itch is more common in men than women. Why some people get jock itch and others don't is not known.

### **What does jock itch look like?**

- Reddish or brownish, scaly rash on the inner thighs.
- The rash usually has a sharp border.

### **How is athlete's foot treated?**

With proper treatment, jock itch usually improves in a few weeks.

- Buy Lamisil, clotrimazole, or miconazole from your local pharmacy or drugstore. You will not need a prescription.
- After bathing, dry the area carefully.
- Then apply the cream to the rash and the surrounding skin.
- Apply the cream one other time each day.
- Continue to apply the cream twice daily until the rash clears. Successful treatment often takes between 1-2 weeks (with Lamisil) and 3-4 weeks (with miconazole or clotrimazole).

### **What can I do to prevent jock itch?**

Since the fungus does not grow on dry, normal skin, you can prevent jock itch by keeping your skin dry. Follow the simple suggestions:

- Use a blow dryer on a low setting to dry the area after bathing.
- Wear loose fitting cotton underwear.