

## INTERTRIGO

### What is Intertrigo and why does it develop?

Intertrigo is inflammation of the skin caused by irritation in body folds—especially the groin, under the breasts, the armpits, under the abdominal fold, and around the anal area. 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) or Domeboro compresses (available OTC; use the 1 to 40 dilution).
- Leave the compresses on for 10-15 minutes.
- Repeat the compresses twice a day until the rash has dried and is no longer oozing.
- After the compresses, dry the area completely and apply the topical creams twice daily (see below).
- If you are not doing compresses, just apply the creams to the rash area twice daily (see below).

\*\*\***Topical creams:** Miconazole cream AND Hydrocortisone 1% cream (both available OTC). Your doctor might prescribe you a different cream called \_\_\_\_\_.

### What can I do to prevent or control the intertrigo?

As long as you have body folds touching each other, you will continue to be prone to intertrigo. Keeping your skin clean and dry can often prevent intertrigo. Follow these 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 powder on these areas.
- Wear loose-fitting clothes.
- Weight loss will be beneficial to minimize the body folds rubbing each other.
- Throughout the day, if you find yourself sweating in the body fold areas, you should blot the moisture and sweat with a tissue to keep the area as dry as possible.