

### **INTERTRIGO (SKIN FOLD RASHES)**

Intertrigo is a term that is used to describe rashes, which can occur in the skin folds. The skin fold areas on the body include under the arm, in the groin, under the breasts, and in the backside crease. In these areas, the skin can rub against the skin, creating friction and irritation. In addition, there can be perspiration, especially in times of warmer weather. These factors lead to the initial step, which is the irritation in the skin.

All patients have normal germs on the skin. These are bacteria and yeast, which are, present and do not produce any problems. In the skin fold areas these germs can become a problem when the skin is irritated. That is, the germs sit on top of the irritated skin and impede the healing.

In order to treat a skin fold eruption, two medications are used. The first medication treats the irritation, redness, and itching aspect of the problem. The second medication treats any of the germs that sit on top of the skin that are impeding the healing. Most patients find it easier to mix small amounts of the cream in the hand and then apply the creams to the area. The specific creams that you use will be based on the exact type of problem you have.

Skin fold rashes can come back, especially during times of hot humid weather. Some patients are more prone than others to develop these problems.

Fortunately, intertrigo or skin fold rashes are a minor irritation type of problem. The prescription creams that are used are quite effective in controlling them.

If you have any other questions about this problem, please ask me before you leave the office.