

# Jock Itch

## Definition

- Fungus infection and rash of the groin and inner, upper thighs
- Jock itch is also called ringworm of the crotch
- Much more common in males than females

## Health Information

### Symptoms

- Pink-red, scaly rash on inner thighs near genital area. Often, starts in the groin crease. Then spreads slowly downward.
- In boys, the rash does not involve the penis or scrotum.
- Rash is most often the same on both inner thighs.
- Rash is itchy, but not painful.

### Cause

- Jock itch is caused by a fungus. Often, this is the same fungus that causes athlete's foot.
- It can come from a towel used to dry the feet and then the groin.
- The fungus can only grow in warm, damp skin. Sweating a lot and wearing damp underwear increases the chances of getting it.
- Called jock itch because it occurs mostly in teen males who play sports.

### Prevention of Recurrent Jock Itch

- Keep the genital area clean and dry. Reason: the fungus can't grow on dry, normal skin.
- Change to dry underwear after playing sports.
- Also, avoid wearing underwear that is too tight.
- Bring gym clothes home. Wash them at least weekly.
- If you have athlete's foot, use a separate towel for the feet.

## Care Advice

### 1. Overview:

- Jock itch is common in teens. It is harmless.
- It's caused by a fungus that grows best on warm, damp skin.
- Here is some care advice that should help.

### 2. Antifungal Cream:

- Use an antifungal cream 2 times per day.
- Examples are Lamisil, Micatin or Lotrimin cream. No prescription is needed.
- Put it on the rash and 1 inch beyond its borders. Make sure you apply it in all the creases.
- Continue the cream for at least 7 days after the rash is gone.

### 3. Keep Area Dry:

- Jock itch will heal faster if the groin area is kept dry.
- Wash the rash area once a day with plain water and dry it carefully. Do not use soap on the rash.
- Wear loosely fitting cotton underwear. Wash gym shorts and athletic supporters after each use.

4. **Try Not to Scratch:**
  - Avoid scratching the area. Reason: Scratching will delay the cure.
5. **What to Expect:**
  - Rash stops spreading after treated for 2-3 days.
  - With proper treatment, rash goes away in 2-3 weeks.
6. **Return to School:**
  - Children with jock itch do not need to miss any school. Your child may take gym and play sports.
  - Jock itch is not easily spread to others. The fungus can't grow on dry, normal skin.
7. **Check for Athlete's Foot:**
  - If also has itchy rash of toes or feet, follow care advice for Athlete's Foot.
  - Until gone, use a separate towel to dry the feet.

## Call Your Doctor If

- Rash is not better after 1 week on treatment
- Rash is not gone after 4 weeks on treatment
- You think your child needs to be seen
- Your child becomes worse

### Pediatric Care Advice

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