



Sound Dermatology

TINEA (RINGWORM)

What Is Tinea (Fungal Infection)?

Tinea is a common fungal infection of the skin. It can affect different areas of the body, including the body (ringworm), feet (athlete's foot), and groin (jock itch).

What Causes Tinea?

- Overgrowth of fungus on the skin
 - Warm, moist environments
 - Close contact with infected people or animals
 - Sharing personal items (towels, clothing, shoes)
 - Sweating and tight or non-breathable clothing
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Common Symptoms

- Red, scaly patches that may be itchy
 - Ring-shaped rash with a clearer center (ringworm)
 - Peeling, cracking, or itching of the feet
 - Redness and irritation in skin folds (groin or underarms)
 - May spread if not treated
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Treatment Options

Topical Treatments

- Antifungal creams or sprays applied directly to the skin
- Use as directed, usually once or twice daily

Oral Medications

- Oral antifungal medications for more severe or widespread infections
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How to Manage at Home

- Keep the affected area clean and dry
 - Use antifungal treatments consistently as directed
 - Continue treatment for at least 1–2 weeks after the rash appears clear
 - Avoid sharing personal items
 - Wear loose, breathable clothing
 - Change socks and underwear daily
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When to Follow Up

- If symptoms are not improving with treatment
 - If the rash is spreading or worsening
 - If the infection involves the scalp or nails
 - If there is uncertainty about the diagnosis
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Key Points to Remember

- Tinea is a fungal infection and is treatable
- Consistency with treatment is important
- Keep skin clean and dry to prevent recurrence
- Continue treatment even after the rash improves

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