

# Fungal Infections

Fungal skin infections are very common, and most people are likely to experience at least one of them in their lifetime.

**Yeast, bacteria and fungus** are present on all skins, and problems generally only occur when something upsets the balance of the skin. Common fungal, yeast and bacterial related skin conditions include thrush, jock itch, lichen planus, athletes foot and ringworm.

## Athletes Foot

**Athletes Foot, or Tinea pedis**, affects around **20% of the population**, and causes itchy, red, cracked and flaky skin between the toes and on the side of the feet. Bacteria, fungus and yeast all thrive in warm, moist environments, so feet trapped in sweaty shoes all day are the perfect platform for athletes foot to thrive. It is a contagious condition, and can be picked up by walking in communal areas where other sufferers have walked, such as swimming pool or gym changing rooms.



# Ringworm

**Ringworm** can appear anywhere on the body (Tinea corporis) and scalp (Tinea capitis), and is characterised by raised circular red skin rashes. It is caused by a fungus, **not a worm**, and is a highly contagious condition. It can be passed on by physical contact, but also via contact of **bed sheets, towels, hairbrushes** and **clothing** of another sufferer and it can also be passed from **cats and dogs**. As many as **20% of the population will suffer from ringworm** at some point, and children are particularly susceptible.

# Intertrigo

Some less common fungal infections include **Intertrigo**, which is a yeast infection that can appear in the folds of the skin anywhere on the body, and **Pityriasis versicolor** (Tinea versicolor), which causes patches of scaly, itchy and discoloured skin on the upper arms, back and torso.



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Email: [info@salcura.co.uk](mailto:info@salcura.co.uk)

Visit: [www.salcuraskincare.com](http://www.salcuraskincare.com)

Call: +44 (0)208 979 3592

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