

Jock Itch

Jock itch, or tinea cruris, is a **common fungal skin infection** of the genitals, inner thigh and bottom. It is often caused by the fungus “tinea”, but can also be caused by **bacterial overgrowth**, and **hot and sweaty conditions**.

It affects men and women of all ages, but is most commonly seen in **older men and male athletes**. While it regularly occurs in otherwise healthy patients, those with underlying health concerns such as **diabetes**, **obesity** and **weakened immune system** are more susceptible. Diet seems to have no effect on the condition.

There is a theory that if you have athlete's foot, then you should always put your socks on before your underwear, as stepping into your pants or boxers with bare feet may transfer the infection to your groin area.

Jock itch, as the name suggests, can cause intense itching, as well as **pain**, **burning**, **sore** and **red skin**, particularly in the folds of the skin. The skin can become **dry**, **flaky** or **cracked**, which can lead to further infection and inflammation, and a rash of circular raised red bumps may also appear.

Treatment for Jock Itch

Most cases of jock itch clear by itself with a good system of washing and carefully drying the skin and wearing natural fibres. Sometimes it is not possible to keep the **skin dry and cool**, and those living in humid conditions or participating regularly in sporting activities may experience persistent or recurring jock itch. Rarely, jock itch can have complications such as thrush or cellulitis, so if symptoms persist it is a good idea to see your GP.



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