



Intertrigo

Intertrigo describes a rash in the flexures, such as in breast folds, under the arms, under a protruding abdomen, in the groin, or between the buttocks. Although intertrigo can affect only one skin fold, intertrigo commonly involves multiple sites. The skin affected by intertrigo is inflamed, reddened, and uncomfortable. The affected skin can become moist and macerated, leading to fissuring (cracks) and peeling.

Intertrigo is due to genetic and environmental factors.

- Flexural skin has a relatively high surface temperature.
- Moisture from insensible water loss and sweating cannot evaporate due to occlusion.
- Friction from the movement of adjacent skin results in chafing.
- Intertrigo occurs more easily in environments that are hot and humid.

Treatment depends on the frequency and severity of the condition. Combinations are common.

- Make an effort to dry the affected area of skin completely every day. Often this is easiest after bathing or showering, using a fan or hair dryer on the “cold” setting.
- Once dry apply a powder or powder based product for daytime use. This will help absorb moisture/sweat and decrease friction/irritation. Many products are available including:
 - Baby powder or cornstarch powder
 - Zeasorb super absorbant powder (non-medicated or antifungal/AF)
 - Antifungal powder spray (look in athlete’s foot section - Lotrmin, Tinactin, etc)
 - Unique products (Fresh Breasts, Fresh Balls, Bust Dust, Anti Monkey Butt powder)
 - Prescription: Nystatin powder
- Sweating can be reduced with an antiperspirant cream or powder
- Occasionally, the irritation/redness needs more help and can be treated with low potency topical steroid creams such as hydrocortisone. Stronger steroids are best avoided in skin folds because they can cause skin thinning, resulting in stretch marks and rarely, ulcers. Steroid-free prescriptions such as tacrolimus and pimecrolimus are also effective in skin folds.