

## Intertrigo

The diagnosis Intertrigo refers to an inflammation of the body folds. This is usually located in the inner thighs, armpits, and underside of the breasts or belly. It is red and raw looking. It may itch, ooze or be a little sore.

It is most often due to chafing together of the warm, moist skin, especially in those who are overweight or diabetic. Infection with bacteria or yeast may then develop in the broken skin. The condition should be evaluated by a dermatologist as there are also several skin diseases that can cause an intertrigo to develop (inverse psoriasis, Haily-Haily, pemphigus, pemphigoid, glucagonoma and others).

Yeast or bacterial infection can be treated with topical or oral medications. Oozing may be controlled with moist compresses with Burows solution 1:20 followed by air drying, preferably using a hair dryer with a "cool" setting. Prescription topical steroid creams such as hydrocortisone can be used, but only for a few weeks. Stronger topical steroid creams (such as Lotrisone) will be more rapidly effective, but if used for more than a few days may cause serious skin damage.

Keeping the area dry and exposed to the air can prevent recurrences. If obese, weight loss is helpful. A wad of soft absorbent cotton or a band of cotton fabric will help absorb sweat. Antiperspirants will help if excess sweating is part of the problem but should only be tried when it has completely healed (apply Arrid Extra Dry 3 or 4 times each week). It also helps to wash daily with an antibacterial soap (Lever 2000, Oilatum AD, Cetaphil antibacterial) and dust with Zeasorb AF Powder.

Relapses are common with this condition, and revisits periodically to the dermatologist may be needed to adjust treatments in many cases.