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## What Is Jock Itch? (Tinea cruris)

Tinea cruris is a special form of tinea that involves the crural fold (groin). It is far more common in men than in women. It often begins after physical activities that cause sweating. The source of the fungus causing this is usually the person's own tinea pedis (athlete's foot).

### Clinical features

Tinea cruris usually begins with a red patch high in the inner aspect of one or both thighs (usually opposite the scrotum in men). As it spreads, a clearing in the center is often seen and the outside edges are slightly elevated, red, and have a sharp border. Very tiny blister-like lesions can sometimes be seen along the border. The rash can spread down the thighs, up into the pubic region and even extend onto the buttocks. It generally does not involve the scrotum unlike Candidal intertrigo.

### Diagnosis

Examination of scrapings from the lesion can be done and will show typical fungal features. Conditions that mimic tinea cruris include psoriasis, seborrheic dermatitis, and intertrigo.

Conditions that mimic intertrigo:

- Intertrigo
- Seborrheic dermatitis
- Psoriasis

### Treatment

1. Topical antifungal creams such as Clotrimazole, Econazole, Ketoconazole, and Miconazole are frequently prescribed. Of note, Nystatin is not effective for tinea cruris.
2. Treatment usually is necessary for 3 to 4 weeks
3. Daily application of talcum, antifungal, or other powders to keep the area dry will help prevent recurrences.
4. Hot baths and tight fitting clothing should be avoided. Males may do better wearing boxers rather than briefs and women should wear cotton underwear and avoid tight-fitting pants.