

Fungus Infections

Fungus infections are caused by a group of organisms that normally live on the skin, but multiply to cause problems under certain conditions. Fungus can infect the skin in and around the sex organs of both men and women.

What causes fungus infections?

Different types of fungus, such as yeast, normally live on the skin, and cause no problems. Sometimes they grow in number and become a bother, especially in areas of the body that are warm and moist, such as between the legs in men and women, and under the breasts in women.

Fungus infections are made worse by sweat, friction, and tight underwear. Wearing spandex, bike shorts, and multi-layers of clothes covering moist body areas can also encourage the growth of fungus. Also, fungus infections may be worse in hot weather.

Fungus infections usually are **NOT** sexually transmitted.

What do I look for?

- Red spots, itching, or white patches on the head of the penis, between the legs and on the buttocks.
- Itchy spots on the skin of the chest, back, trunk of the body and in the groin.
- Brown, tan, or red scaly patches that may have crusting or bumpy edges.
- Men may have patches between the legs and on the testicles.

How is fungus treated?

- Get plenty of air to the rash.
- Try wearing boxer shorts instead of briefs.
- Don't sleep in many layers of clothing.
- Dry your body off well after bathing. Use a blow dryer between your legs while foreskin of penis is pulled back.
- Medications called "anti-fungals" can be purchased at a drugstore (Miconazole or Clotrimazole).

Choose these medicines in the cream form; they are more effective than powders. Use them twice a day and continue using them for two weeks after the rash has gone away. If they are not helping, return to the clinic for another exam.

Important!

Do not try to diagnose yourself. These infections can occasionally look very much like syphilis (another more serious sexually transmitted infection).

For more information:

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

General STD

www.ashasexualhealth.org (also in Espanol)
www.cdc.gov/std/
www.sfcityclinic.org
www.sfsi.org/

Contraception and STD/sex info

www.bedsider.org

Teens

www.iwannaknow.org
www.amplifyyourvoice.org (also in Espanol)
www.kidshealth.org/teen (also in Espanol)
www.scarleteen.com

For a STD check-up or treatment,
see your doctor, local clinic, or come to:



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