

Fungal Infections

Fungal infections are caused by a group of organisms that normally live on the skin, which can multiply to cause problems under certain conditions.

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 and under the breasts.

Fungal infections are made worse by sweat, friction, and tight underwear. Wearing spandex, bike shorts, wet swimsuits, sweaty clothes, and multiple layers of clothing covering moist body areas can also encourage the growth of fungus. Fungal infections may also be worse in hot weather.

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

- 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.
- Scaly patches between the legs and on the testicles.

- 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.
- Topical medications called anti-fungals (miconazole, clotrimazole, etc) can be purchased at a drugstore without a prescription.

Choose these medicines in the cream form; they are more effective than powders. Use them twice a day and continue using them for a week 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 STI

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

Contraception and STI/sex info

www.bedsider.org

Teens

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



A landmark in prevention

For a STI check-up or treatment,
see your health care provider, local clinic, or come to:

City Clinic
356 7th Street
(between Folsom and Harrison)
San Francisco, CA 94103
(628) 217-6600
www.sfcityclinic.org