



Health Services

University of Oklahoma  
StudentAffairs

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Dermatitis can be caused by many factors and can take on many forms. Although this condition is not life-threatening, treatment and self-help measures are recommended to relieve discomfort and emotional and psychological stress.

Dermatitis can develop quickly and cause rapidly evolving rashes that may blister and swell. This is known as acute dermatitis. However, when an area of the skin is affected for a long period the skin may become dark and thick resulting in chronic dermatitis. The most common forms of dermatitis to be discussed include: atopic dermatitis, contact dermatitis, and seborrheic dermatitis.

	<b>Causes</b>	<b>Symptoms</b>	<b>Treatment</b>
<b>Atopic</b>	Exact cause is unknown  Often occurs with allergies  Most prevalent in children  Common in those with a family history of dermatitis or asthma	Itchy, thickened, scaly skin  Most often in the skin folds of the elbows and backs of knees; also common on face, hands, and feet	Antihistamines  Hydrocortisone cream  Prescription medications
<b>Contact</b>	Direct contact with irritants or allergens including detergents, cleaning products, rubber, jewelry, perfume, cosmetics, and weeds (poison ivy)	Redness  Itching  Blisters and weeping sores  Swelling	Avoid irritant  Hydrocortisone cream

	<b>Causes</b>	<b>Symptoms</b>	<b>Treatment</b>
<b>Seborrheic</b>	Exact cause unknown, but Pityrosporum ovale (yeast fungus) may play a role in causing inflammation  Often inherited  Common in people with oily skin or hair	Red, greasy, scaling areas  Itchy	Over-the-counter medicated shampoo  Prescription medicated shampoo  Hydrocortisone cream

Note: If symptoms become worse a visit with a health care provider is recommended.

**Tips for Prevention**

- Avoid irritants whenever possible
- Use mild soaps (e.g., Ivory, Purpose) and detergents
- Keep skin clean, but avoid over washing
- Dry body thoroughly
- Keep skin moisturized

**References**

- [www.mayoclinic.com](http://www.mayoclinic.com) (Mayo Clinic)
- [www.dermnetnz.org](http://www.dermnetnz.org) (New Zealand Dermatological Society)
- [www.familydoctor.org](http://www.familydoctor.org) (American Academy of Family Physicians)
- [www.who.int](http://www.who.int) (World Health Organization)
- [www.nlm.nih.gov](http://www.nlm.nih.gov) (Medline Plus)
- [www.cdc.gov](http://www.cdc.gov) (Centers for Disease Control)
- [www.aad.org](http://www.aad.org) (American Academy of Dermatology)
- [www.ashastd.org](http://www.ashastd.org) (American Social Health Association)

# SKINDisorders 3

Fungal  
Infections

Meeting the health needs of OU students, faculty, staff, and dependents



## Health Services

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### Fungal Infections

#### What is Tinea?

Tinea is a fungus that can affect the epidermis (top layer of the skin), hair, or nails. It comprises several types of fungal infections including:

- Tinea corporis – Ringworm of the body
- Tinea capitis – Ringworm of the scalp
- Tinea pedis – Athlete's foot
- Tinea cruris – Jock itch

Common characteristics of tinea infections include itchy, red, circular rashes with healthy skin in the middle. In addition, scaly skin and flat patches of itchy skin can accompany this infection.

#### What are the Signs and Symptoms of Tinea?

Ringworm of body

- Red, circular rash inflamed around the edge with healthy skin in the middle
- Scaly skin
- Round, flat patches of itchy skin

Ringworm of scalp

- Red, itchy patches on the scalp
- Bald patches

Athlete's foot

- Itching, stinging, burning between toes (especially the fourth and fifth toes) and on soles of feet
- Blisters
- Cracking and peeling skin (toes and soles)
- Foul odor
- Thickened skin

Jock itch

- Itching and redness in groin, including genitals, inner thighs, buttocks, and anal area
- Burning sensation in groin area
- Flaking, peeling, or cracking skin

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Note: Tinea unguium or onychomycosis can cause nails to become thick, crumbly, ragged, and discolored.

#### How is Tinea Spread?

The organisms that cause tinea thrive in damp, close environments. Methods of transmission include:

- Direct contact– skin-to-skin contact with an infected person, pet, or farm animal
- Indirect contact– contact with objects or surfaces (towels, clothing, linens, floors etc.) touched by an infected individual

#### How is Tinea Treated?

After a diagnosis is made, usually by physical examination and/or a skin scraping, topical antifungal or oral medication may be prescribed. A health care provider will determine treatment protocol based on each individual case.

Fungal infections generally do **not** cause serious health problems because they rarely affect areas deeper than the epidermis. However, individuals with compromised immune systems (e.g., diabetes, HIV) may be at a greater risk for complications.

#### Tips for Prevention

- Air out shoes and feet often
- Change socks and underwear daily (especially when moist)
- Dry feet carefully
- Do **not** walk barefoot in public areas
- Do **not** share shoes or other personal items
- Check and treat pets if necessary
- Bathe daily
- Stay dry

#### What is Dermatitis?

Dermatitis, also called eczema, is a common non-contagious skin condition that affects approximately 1 in 5 people at some point in their life. It is characterized as an inflammation of the skin and can cause swelling, redness, blistering, and itchy skin in the affected location.