

### Intertrigo

#### WHAT IS IT?

Intertrigo is an irritation of the skin caused by skin rubbing on skin in a damp, warm environment that can lead to skin breakdown and possible infection.

The most common locations for intertrigo are under the breasts, in the groin and in the skin folds of overweight individuals.

#### WHAT CAN I DO MYSELF (DIY)?

The most common areas where intertrigo occurs are places where skin folds onto itself such as under the breasts, under the arms, stomach folds and in the groin area. Intertrigo can be treated when you remove the environment (damp and warm) that causes it. Gently wash and pat skin dry, then wear breathable clothing. Antimicrobial fabrics may also be placed between skin folds.

#### WHEN DO I CALL IN A PRO?

Yeast infections are common with intertrigo, and an antifungal medication can be prescribed by your family doctor. You may also need a supportive weight-loss program to guide you to a healthy body weight. If you've already lost a lot of weight and skin folds are the result, you may need to visit a plastic surgeon to discuss removal of the excess skin.

#### THE KEY RULE

**Keep problem areas such as skin folds clean and dry.**

#### WANT TO KNOW MORE?

Another set of free resources, called the [Care at Home series](#), may also be of interest to you, especially [Caring for Easily Damaged Skin: Preventing and Managing Moisture-associated Skin Damage](#).

