

# TINEA VERSICOLOR

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## BASIC INFORMATION

### DESCRIPTION

A yeast infection of the skin that changes the color of skin it affects. Most often involves the skin of the chest, back, shoulders, upper arms, trunk or groin (rarely, the face). It most commonly affects adolescents and adults.

### FREQUENT SIGNS AND SYMPTOMS

Lesions with the following characteristics:

- Lesions on exposed skin are white; on covered areas, they are brown or brownish red.
- Lesions are flat with clearly defined borders. They don't scale unless scraped.
- Lesions begin at 3 to 4mm in diameter and spread. They often join together to form large patches.

### CAUSES

A developing stage of the yeast, *Pityrosporum orbiculare*. High heat and high humidity favor the growth of this yeast. The infection is contagious, but how it spreads is unknown.

### RISK INCREASES WITH

Environmental exposure to heat and high humidity.

### PREVENTIVE MEASURES

No specific preventive measures.

### EXPECTED OUTCOMES

Untreated tinea versicolor persists indefinitely but seems to come and go at times. It frequently recurs, even with treatment. Following treatment, the white patches will remain for months after the yeast infection has been cured.

### POSSIBLE COMPLICATIONS

Unlimited recurrence without treatment.



## TREATMENT

### GENERAL MEASURES

- Diagnostic tests may include microscopic examinations of scrapings of the lesions.
- Numerous topical therapies are effective in clearing tinea versicolor.
- Apply medicine with cotton balls to affected parts as prescribed. Rinse off in 30 minutes if you wish.
- Expose affected skin to air as much as possible.
- Repeat treatment prior to tanning season each year.

### MEDICATIONS

Selenium sulfide shampoo, clotrimazole, miconazole or ketoconazole cream may be prescribed to apply to affected areas.

### ACTIVITY

No restrictions.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

- You or a family member has symptoms of tinea versicolor.
- Infection doesn't improve despite treatment.