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Ring Worm (Fungus)

Ringworm, as it is frequently called, is caused by a fungus. It most commonly effects the scalp, feet, and groin but may affect any part of the skin. It is contagious and is acquired by direct contact with the fungus. Transmission of the fungus usually occurs from infected individuals or by infected animals i.e. cats and dogs. Persons in close environments such as in schools, daycare, or gyms are particularly at risk.

Treatment and Prevention of Fungus of the Scalp

Fungus of the scalp must be treated by an oral medication because it hides in the hairs just below the level of the scalp. Topical medications will give the appearance of improvement but once discontinued the fungus will reappear. Twenty-four hours after starting the treatment return to work or school is permitted. Use of selenium based shampoos help prevent shedding of fungus. **It is important to try to find the source of the fungal infection. This will help prevent other persons, including family members, from becoming infected and prevent re-infection. You may also check your cat or dog. If they have itchy, flaky skin or bald spot(s) have them checked for fungus by a veterinarian.**

Treatment and Prevention of Fungus of the Feet

Fungus of the feet is usually treated with a topical antifungal cream and occasionally an oral agent. Topical treatment should be used for 6 weeks. **When applying the topical cream; first pat dry, then blow dry with cool air followed by the application of a thin film of the antifungal cream to the entire effected area. This is to be done two times a day.** The amount of time for oral therapy varies depending on the oral antifungal agent prescribed. To prevent recurrence keep the area dry (after showering and upon arriving home after work pat dry with a towel and then blow dry with cool air), use protective foot wear i.e. flip flops in gym locker rooms and showers and once the treatment course for the fungus is complete, use an antifungal powder. (i.e. Zeasorb)

Treatment and Prevention of Fungus of the Groin

Fungus of the groin is usually treated by a topical antifungal cream. Topical treatment should be used for 4 to 6 weeks. **When applying the topical cream; first pat dry, then blow dry with cool air followed by the application of a thin film of the antifungal cream to the entire effected area. This is to be done two times a day.** To prevent recurrence keep the area dry. After showering and upon arriving home after work pat dry with a towel and then blow dry with cool air. Use loose cotton clothing (avoid spandex clothing). Once the treatment course for the fungus is complete, use an antifungal powder.

Treatment and Prevention of Fungus on the Trunk, Extremities and Face

Fungus of the trunk, extremities and face are usually treated with a topical antifungal cream and occasionally an oral agent. Topical treatment should be used for 4 to 6 weeks. **This is to be done two times a day to the entire effected area.** When applying the medication to the face avoid getting the medication in the eyes or mouth. The amount of time for oral therapy varies depending on the oral antifungal agent prescribed. **It is important to try to find the source of the fungal infection. This will help prevent other persons, including family members, from becoming infected and prevent re-infection. You may also check your cat or dog. If they have itchy, flaky skin or bald spot(s) have them checked for fungus by a veterinarian.**

Should you have any questions please visit our [website](http://www.bruceroobinsonmd.com) or call our office @ 1 (212) 750-7121.