



A Simple Guide to Skin Fungal Infections (A Simple Guide to Medical Conditions)

Kenneth Kee

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Fungal Infection

What are Skin Fungal Infections (Tinea means Skin)?

Skin fungal infections are caused by a plant form type of micro-organism which invades the dead layers of the skin such as the dead scaly cells of the skin, finger nails, toe nails, webs of feet and fingers and the follicles of hair in the head or armpit.

Some fungi can invade the inside of the mouth and vagina (oral and vaginal thrush) and lungs (actinomycosis).

These are caused by Candida or yeast infections.

They fortunately are not so common

What are the types of skin fungal infections?

1. Ringworm (Tinea corporis)

In spite of its name the disease is not caused by a worm.

It is usually found on the skin of the body as a raised area of skin seen in the form of a ring hence the name ring worm.

The ringworm is caused by a number of fungi of which Tinea corporis is the most common

2. Athlete Foot (Tinea pedis)

This occurs in a hot humid environment and most commonly affect the feet of the young male adults.

Exercise which causes the feet to become hot and sweaty creates an ideal environment for this infection.

Athletes are most prone to it hence the name Athlete foot.

They occur as scaly areas between the toes and can spread to the under surface of toes and feet and from one foot to another.

The skin is usually red and itchy.

3. White spots (Tinea Versicolor)

These white spots which can be seen in many people at the beach or swimming pools are due to a fungal infection which can affect people of any age and sex.

White spots occurs in the skin of those who are exposed to an environment which is moist hot and humid.

The white spots may appear as white, pink or light brown.

They do not tan on exposed to sunlight.

So against a tanned skin the white or pink spots become obvious.

They usually occur on the upper part of the trunk such as the neck, chest, upper arm and abdomen

They may be itchy.

4. Nail Fungal Infections

Nail Fungal Infection is a common disease caused by superficial fungi infection affecting the nails of the fingers and toes.

They occur more commonly in people who live in tropical climates because of the humidity.

Nail Fungal Infections caused by the three groups of fungi -

1. The yeasts or candidia,
2. The dermatophytes which includes Epidermphyton, Trichophyton and Microsporum
3. The moulds.

Nail Fungal Infection is mildly contagious and can spread by direct contact with the infected skin and nails of infected persons, towels and shoes, contaminated floors and infected pets.

Females are affected more than males because they do more housework involving wetting of hands.

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