



# GROIN ITCH

Itching or scaling of the skin in the groin area

## CAUSES

### JOCK ITCH

Jock itch is a fungal infection that affects the groin, usually due to the area being habitually moist and warm. The symptoms clear up with treatment and preventive measures can be taken so the infection does not return.

#### Symptoms:

- Itching in the groin area
- Scaling of the skin in the groin

#### DO:

- Wash the groin and gently blot with a towel. (Launder the towel immediately after use.)
- Try over-the-counter anti-fungal medicine.
- Wear loose-fitting shorts and underwear.
- Keep your groin area dry throughout the day.

#### DON'T:

- Don't use damp underwear or clothing.

### PUBIC LICE (“CRABS”)

A louse is a flat, wingless insect that sucks the blood from its host. Pubic lice are passed on either through sexual contact or infested objects like clothing and bed sheets.

#### Symptoms:

- Itching in the groin area
- Tiny insects found on the pubic hair

#### DO:

- Try over-the-counter cream formulated especially to combat pubic lice.
- Wash underwear, clothing and bed sheets with hot water.

#### DON'T:

- Don't engage in sexual contact until the condition has cleared.