

Daily Care Tips

- Keep vulnerable and affected areas dry
- Using anti-fungal treatment at your doctor's discretion can be effective
- Be mindful of hygiene in shared public spaces such as pools, showers, gyms, or hotel rooms



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When should I seek help?

You should seek medical advice if:

Fungal infection is painful or bothering you
Over-the-counter products aren't helping
Fungal infection is affecting your confidence or mood

Fungal Infection, Clarified



What causes a fungal infection?

Some of the most common causes we see

- Excessive moisture around an area vulnerable to infection
- Constant warmth in such areas
- A weakened skin barrier, due to genetic causes or some medications

Myths to know

People of all ages can be at risk

Home remedies, such as using vinegar, are not effective

Fungal infections are not due to poor skin hygiene



What is a fungal infection?

Skin infections caused by fungi

- These can affect both surface and deeper layers of the skin
- They are quite contagious

This can lead to

- Mild rashes
- Itchy skin

Common areas affected

- Feet
- Groin
- Scalp
- Body folds

The mental connection:

Fungal infections don't just affect your skin

Fungal infections can be a source of constant discomfort, and anxiety over their spread.

The associated stigmas can also weigh heavily on mental health and lead to depression.

Ask us how fungal infections can be impacting the rest of your health

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.