



HUMMADI HEALTHCARE

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Daily Care Tips

• Anti-fungal washes for affected areas

• Keep your skin dry, in the affected and surrounding areas

• Wear loose-fitting clothes to avoid increasing humidity, especially in warmer weather

When should I seek help?

You should seek medical advice if:

Tinea Versicolor is painful or bothering you

Over-the-counter products aren't helping

Tinea Versicolor is affecting your confidence or mood

Tinea Versicolor, Clarified



What causes Tinea Versicolor?

Some of the most common causes we see

- Warm, humid weather
- Sweating
- Oily skin and skincare products
- Changes in the immune system

Myths to know

Tinea Versicolor is not vitiligo

It is not a result of poor hygiene

Tinea Versicolor is not highly contagious

What is Tinea Versicolor?

Tinea Versicolor is an overgrowth of yeast on the skin

- The same yeast that naturally exists on the skin overgrows
- This causes discoloured patches
- These may be lighter or darker than the surrounding skin

Common areas affected

- Back
- Neck
- Chest
- Shoulders



The mental connection:

Tinea Versicolor doesn't just affect your skin

Mental health issues affecting the immune system can create the right environment for Tinea Versicolor to appear.

Tinea Versicolor's appearance can impact confidence and self-image.

Ask us about how Tinea Versicolor can be weighing on 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.