# **Tinea Versicolor**

#### What is it?

**Tinea Versicolor**— is a long term chronic fungal infection of the skin; the fungus prevents the skin from tanning so then there are pale and dark spots on dark skin

## **Symptoms:**



**Symptoms**- patches of discolored skin with sharp edges and fine scales; the patches are often dark reddish-tan in color; most common sites are the underarms, upper arms, back, chest and neck; skin may appear lighter than surrounding healthy skin; hyperpigmentation or hypopigmentation; increased sweating, itching, condition may come back in the warm months

#### **Recommendations:**

Avoid- excessive heat or sweating



#### Facts:

- Caused by- a overgrowth of yeast on the skin's surface; yeast normally lives in the pores of the skin and thrives in oily places (upper chest, back, and neck); an overgrowth results in a fungal infection that causes scaling, sometimes itch, and uneven skin color
- Most Common- in adolescents and young adult men, occurs in hot climates

### What can I do?

- See your Health Care Provider- for more information
  - Medications- antifungal medicines to the skin, dandruff shampoo apply to the skin 10-12 minutes daily in the shower
  - Tests and Diagnosis- skin scrapings to show yeast; a visual exam of the skin to confirm the diagnosis; a Wood's lamp might also be used which is held 4 or 5 inches from the affected skin; the affected skin will appear yellowish green in color

