

Intertigo is a very common monomelic condition, which can be easily treated and managed. This leaflet is de

signed to raise awareness and to aid self-help.

Seek advice from your local pharmacist or speak to your

Understanding Under-Breast Soreness (Intertrigo)



Symptoms and Treatment

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Patient Information Leaflet for: Understanding Under-Breast

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Adapted from the research undertaken by Marilyn O-Connell
(Assistant Practitioner in Breast Screening, King's Lynn).

What Is Under-Breast Soreness?

Under-breast soreness (UBS), or **Intertrigo**, is a very common medical condition which usually affects women who are larger breasted or very sporty. Intertrigo is an infection caused by a yeast condition called *Candida albicans* which comes from the same family of yeast infections that cause Athletes Foot. Diabetes can also affect the skin making it more prone to fungal and bacterial infections.

Causes

The main causes are sweat rash, 'skin to skin' rubbing and the growth of yeast which appear as a rash in the skin fold under the breast. This is commonly known as **Intertrigo**. If untreated, it may worsen, become infected and possibly spread to other parts of the body. In some cases it can lead to a creamy coloured discharge with a pungent smell.

Symptoms

The main symptoms are:

- Inflammation
- Soreness/Discomfort
- Redness/Split skin
- Spots
- Itching
- Discharge (often smelly)

These can range from mild or moderate, to severe.



Treatment

The most effective treatment for UBS is:

- Wash the area regularly and pat dry rather than rubbing.
- Wear a good supportive bra to reduce 'skin to skin' rubbing. Cotton is more effective than nylon, which is known to make the condition worse.
- Avoid sharing flannels or towels to prevent spreading any infection.
- If the skin is very red, inflamed or sore, apply a hydrocortisone* cream.
- If the skin is red, sore and itchy, apply an anti-fungal* cream or powder.
- Once the infection has cleared, it may be advisable to use a barrier* cream to help stop the infection returning.

If none of the above treatments helps or your symptoms worsen, make an appointment to see your doctor.

*Hydrocortisone, anti-fungal creams/powders and barrier creams are all available over the counter. If uncertain of which treatment is most suitable, seek advice from your pharmacist.

