

Fungal Infection Skin Cutaneous Candidiasis

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

Definition

Cutaneous candidiasis is an infection of the skin, caused by the fungus candida.

Alternative Names

Skin infection - fungal; Fungal infection - skin; Skin infection - yeast; Yeast infection - skin; Intertriginous candidiasis

Causes, incidence, and risk factors

The body normally hosts a variety of microorganisms, including bacteria and fungi. Some of these are useful to the body and some produce no harm or benefits, while others may cause harmful infections.

Fungal infections are caused by microscopic organisms (fungi) that can live on the dead tissues of the hair, nails, and outer skin layers. Fungal infections include mold-like fungi (dermatophytes, which cause tinea infections), and yeast-like fungi (such as candida).

Cutaneous candidiasis involves infection of the skin with candida. It may involve almost any skin surface on the body, but usually occurs in warm, moist, creased areas such as armpits and groins. Cutaneous candidiasis is fairly common.

Candida is the most common cause of diaper rash in infants, where it takes advantage of the warm moist conditions inside the diaper. The most common fungus to cause these infections is *Candida albicans*.

Candida infection is particularly common in individuals with diabetes, and in people who are obese. Antibiotics and oral contraceptives (birth-control pills) increase the risk of cutaneous candidiasis. Candida can also cause infections of the nail, referred to as onychomycosis, and infections around the corners of the mouth, called angular cheilitis.

Oral thrush, a form of candida infection found on the mucous membranes (moist lining) of the mouth, is most commonly associated with taking antibiotics. It may also be a sign of HIV infection or other immunodeficiency disorders when it occurs in adults. Individuals with candida infections are not usually considered infectious to others, though in some settings transmission to immunocompromised people can occur.

Candida is also the most frequent cause of vaginal yeast infections, which are extremely common and often associated with antibiotics use.

Symptoms

- Itching (may be intense)
- Skin lesion or rash
 - Skin redness or inflammation
 - Enlarging patch
 - Macule or papule

- May have satellite lesions (smaller lesions next to bigger ones)
- Located on the skin folds, genitals, trunk, buttocks, under the breasts, or on other skin areas
- Infection of hair follicles ("folliculitis") may have a pimple-like appearance

Signs and tests

Diagnosis is mainly based on the appearance of the skin, particularly if risk factors are present. A skin scraping can show typical yeast forms, suggestive of candida.

Treatment

General hygiene is vital to the treatment of cutaneous candidiasis. Keeping the skin dry and exposed to air is helpful. Weight loss may eliminate the problem in obese people, and good sugar control in diabetics may also be helpful. Topical antifungal medications may be used to treat infection of the skin; systemic antifungal medications may be necessary for folliculitis or nail infection.

Expectations (prognosis)

Cutaneous candidiasis is usually treatable, but occasionally is difficult to remove. Repeat infections are common.

Complications

- Recurrence (repeat) of candida skin infection
- Infection of nails may cause nails to become oddly shaped and may cause infection around the nail
- Disseminated candidiasis may occur in immunocompromised individuals

Prevention

Good general health and hygiene help prevent candida infections. Keep the skin clean and dry. Drying powders may help prevent fungal infections in people who are susceptible to them. Weight loss and good sugar control in diabetics may help prevent these infections.