

DOCTOR DISCUSSION GUIDE

Managing Ringworm

Ringworm is a common fungal infection that's highly treatable. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Tinea Barbae	Tinea barbae—also called beard ringworm—is a fungal infection on the chin, cheeks and upper neck.
Tinea Capitis	When ringworm is found on the scalp, it's called tinea capitis. These types of infections can cause a bald spot and are more common in kids than adults.
Tinea Corporis	Tinea corporis is a more general term for ringworm infection on the body. This term is often used when the infection is on the arms or legs.
Tinea Cruris	Tinea cruris, or "jock itch," is a ringworm infection in the groin area, or along the inner thighs or buttocks.
Tinea Pedis	Also called "athlete's foot," tinea pedis is ringworm on the feet, where the infection causes swollen, itchy skin, often between the toes.



Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your ringworm.

About Symptoms		
	What are the chances the fungus will spread to other parts of my body?	
	Will the hair around my rash grow back when the infection is cleared?	
	Will the rash blister? What should I do if it does?	
Ab	out Causes & Risk Factors	
	Given my health history, am I more at risk for getting ringworm?	
	What grooming habits or living conditions make it easier to get a ringworm infection?	
Ab	About Diagnosis	
	Will you need to do a skin scraping or a fungal culture to confirm diagnosis?	
	What type of ringworm do I have? How does the location of the infection affect my treatment options?	
	Should others in my household be checked for ringworm, including my pets?	
Ab	About Treatment	
	Can I treat my infection with an over-the-counter cream or powder? If so, what do you recommend I use?	
	Will I be able to use the same medication if the infection spreads to another part of my body?	
	How long should I keep using the cream or powders after the rash is gone?	
	Are there any changes I should make to my grooming habits or home environment to prevent getting reinfected with the fungus?	
	What precautions should I take to protect the people around me from getting infected, too?	