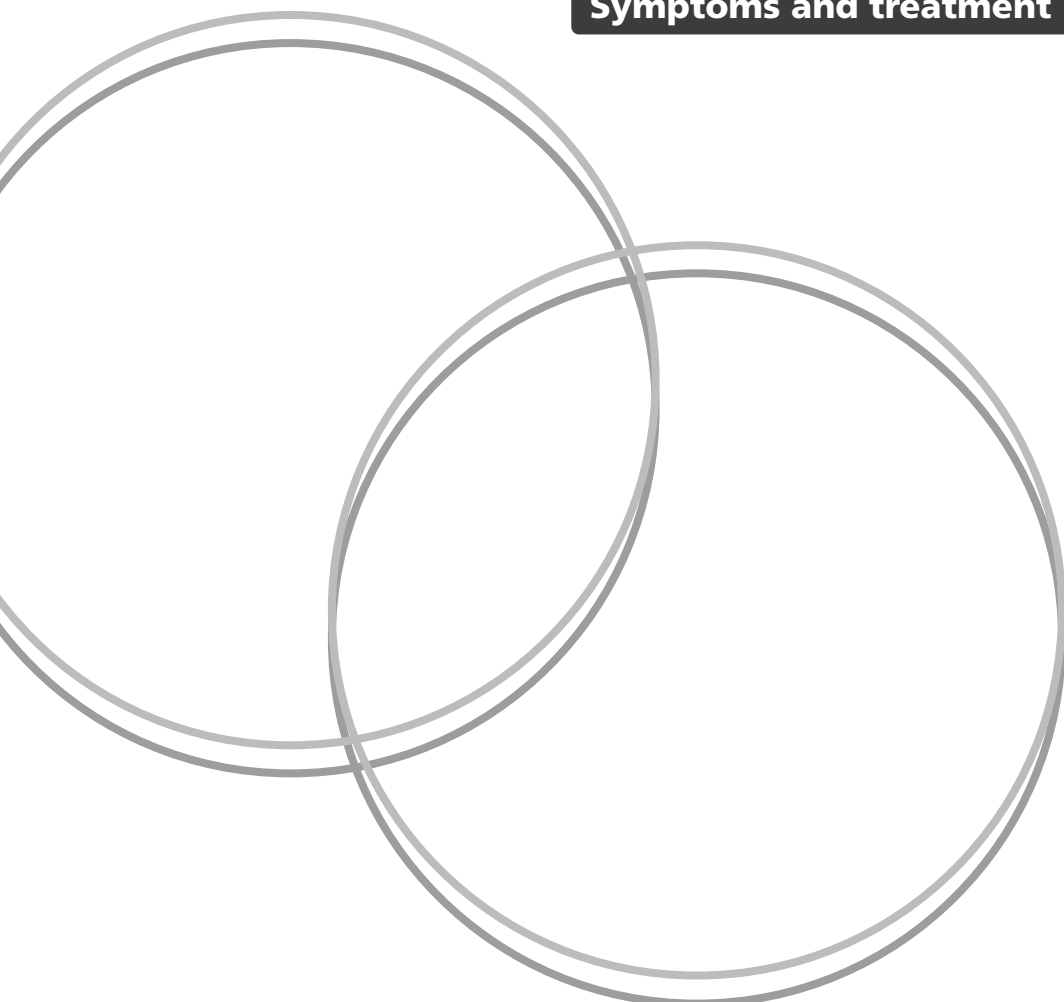


Understanding under-breast soreness (intertrigo)

Symptoms and treatment

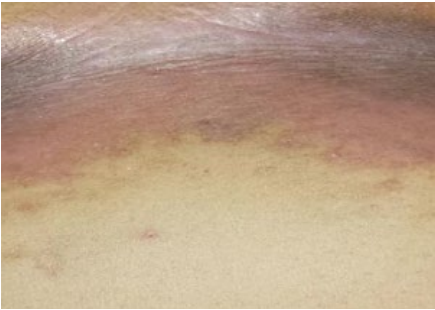




What is under-breast soreness?

Intertrigo (sometimes called candida intertrigo) can occur anywhere on the body where skin rubs against skin. This can be under the breast, between the thighs or armpits. If untreated intertrigo can spread to other parts of the body or worsen.

Intertrigo is a very common condition that can occur throughout life. This leaflet aims to raise awareness of the condition and to aid self-help treatment.



Impact on Mammography

In some women the problem can cause the skin to tear. This can be very distressing and may have an impact on your mammogram appointment. The radiographer will assess and decide if continuing the appointment is appropriate. You may be advised to return for screening once the condition has improved or has been treated, therefore avoiding further trauma to the breast and your wellbeing.

If you choose to delay your mammogram, please book another Screening appointment on: **01865 235 621**.

What causes a rash (intertrigo) under the breast?

The main causes of intertrigo are:

- moisture
- heat
- lack of air circulating
- friction between skin folds (where skin rubs against skin).

This can lead to:

- a red or reddish-brown rash
- raw, itchy or weeping skin
- cracked skin
- pain.

A warm and moist environment encourages infection by yeast, fungus or bacteria. Sometimes swelling, sores and blisters can also occur. If you think you have intertrigo speak to your GP as there are other skin conditions that might look similar.

How is a rash under the breast treated?

The aim of treatment is to:

- Reduce the rubbing of skin on skin
- Keep the area dry
- Reduce inflammation and moisture
- Treat any infection and stop it spreading.

Other treatments such as barrier creams, steroid creams, anti-fungal creams, antibiotic creams or tablets may also help. You can ask your GP or pharmacist about these.

What can I do to prevent getting a rash under the breast?

- Wash under your breasts morning and night with a gentle body wash or emulsifying ointment. You can ask your pharmacist about this.
- Dry the skin under your breasts thoroughly after washing. Gently pat dry with a clean, soft towel or you can try using a hairdryer on a cool setting. This can be very effective especially for larger breasts.
- Wear a well-fitting supportive bra made from a natural material such as cotton. Man-made materials such as nylon can trap moisture. It can help to wear a cotton top under your bra. If the skin is weeping then change your bra daily or use cotton dressings. You can ask your practice nurse for help with this.
- Losing weight may help to limit the areas where skin can rub against skin.

Further support

For further information or advice contact your GP or pharmacist.

If you would like any further information and support contact the Breast Imaging Centre nurse on:

Sam Evans

Clinical Nurse Specialist

Oxford Breast Imaging Centre

Oxford University Hospitals NHS Foundation Trust

Churchill Hospital

Headington

Oxford, OX3 7LE

Tel: **01865 235 650**

Email: **sam.evans@ouh.nhs.uk**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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