COMMON SKIN INFECTIONS
IMPETIGO

• IS A SUPERFICIAL BACTERIAL INFECTION

• CAUSED BY:
  • STREPTOCOCCI OR STAPHYLOCOCCUS AUREUS
BOULOUS IMPETIGO

- IMPETIGO COMES IN TWO FORMS:
  - BOULOUS
  - OR NON-BOULOUS
NON-BOULOUS IMPETIGO

- COMMONLY SEEN IN:
- WRESTLING, GYMNASTS, AND SWIMMERS
IMPETIGO

• MOST COMMONLY TRANSMITTED BY DIRECT CONTACT
• IS HIGHLY CONTAGIOUS
• ATHLETIC PARTICIPATION SHOULD NOT BE ALLOWED UNTIL ALL LESIONS ARE HEALED
IMPETIGO: TREATMENT

- DEBRIDMENT OF THE WOUNDS WITH HYDROGEN PEROXIDE
- APPLYING ANTIBIOTIC OINTMENT
- TAKING AN ORAL ANTIBIOTIC
IMPETIGO: PREVENTION

- PREVENTION IS ACHIEVED BEST BY CLEANING AREAS OF MINOR TRAUMA WITH SOAP AND WATER
- APPLYING A TRIPLE ANTIBIOTIC OINTMENT
- DO NOT SHARE TOWELS AND EQUIPMENT
- SHOWER AFTER ACTIVITY
CELLULITIS

- BACTERIAL SKIN INFECTION
- CASUED BY:
  - STREPTOCOCCUS OR STAPHYLOCOCCUS AUREUS
CELLULITIS
CELLULITIS
CELLULITIS

- CAN AFFECT THE DERMIS AND THE SUBCUTANEOUS TISSUES
- VERY PAINFUL
- CAN APPEAR:
  - RED, SWOLLEN, FEVERED
  - LIKE PLAQUE WITHOUT A DEFINED BORDER
CELLULITIS

- MAY BE ACCOMPANIED BY A FEVER AND CHILLS
- CAN BE CAUSED BY:
  - MISTREATMENT OF WOUNDS,
  - CUTTING YOURSELF SHAVING,
  - POOR HYGIENE
CELLULITIS

- CAN BE EXTREMELY DANGEROUS IF NOT TREATED
- CAN BECOME SYSTEMIC
- MAY AFFECT THE INTERNAL BODY SYSTEMS
- IF LEFT SYSTEMIC MAY CAUSE DEATH!
CELLULITIS: TREATMENT

BIOPSY AND ASPIRATION TO DETERMINE THE TYPE

ORAL ANTIBIOTICS

INTRAVENOUS ANTIBIOTICS IF SEVERE
CELLULITIS

- ATHLETIC PARTICIPATION IS ALLOWED IF PATIENT IS ABLE AND WOUND IS SUFFICIENTLY COVERED
FURUNCLES

- **ALSO KNOWN AS A BOIL**
- **IS AN INFECTION OF:**
  - HAIR FOLLICLE
  - SUBACEOUS GLAND
FURUNCLES
FURUNCLES
FURUNCLES

- Typically present as a tender warm abscess or nodule on an extremity or the trunk
- They increase in size over time
- Are accompanied by erythema
FURUNCLES: TREATMENT

- ORAL ANTIBIOTICS FOR 7-10 DAYS
- HOT COMPRESSES
- IF PERSISTS:
  - MUST BE DRAINED AND PACKED
INFECTIOUS FOLLICULITIS

- INFLAMMATION OF THE HAIR FOLLICLES DUE TO BACTERIAL INFECTION
- COMMONLY CAUSED BY STAPHYLOCOCCUS
FOLLICULITIS
FOLLICULITIS

- USUALLY CONSISTS OF ONE PUSTULE OR A GROUP OF PUSTULES
FOLLICULITIS: TREATMENT

• ORAL ANTIBIOTICS
• ONCE TREATMENT HAS BEGUN:
  • ATHLETE MAY PARTICIPATE WITH LESIONS SUFFICIENTLY COVERED
HERPES GLADIATORUM

- VIRAL SKIN INFECTIONS
- FOUND MOSTLY IN WRESTLERS
- AFFECTS THE FACE AND ARMS
- APPEAR AS CRUSTED LESIONS
- CAUSED BY HERPES SIMPLEX VIRUS
- VERY CONTAGIOUS!
HERPES SIMPLEX

• TWO TYPES:
  • HERPES SIMPLEX 1
  • HERPES SIMPLEX 2
HERPES SIMPLEX 1

- ALSO KNOWN AS HSV-1
- USUALLY APPEAR AS COLD SORES ON THE LIPS
- OR SORES ON THE CORNEA OF THE EYE
HERPES SIMPLEX 2

- ALSO KNOWN AS HSV-2
- THIS TYPE IS GENITAL HERPES
- HOWEVER, SOME GENITAL INFECTIONS ARE CAUSED BY HSV-1
HERPES SIMPLEX

- BOTH FORMS ARE CAUSED BY DIRECT CONTACT WITH SORES
- SOMETIMES BY CONTACT WITH THE ORAL OR GENITAL AREAS OF CHRONICALLY INFECTED PEOPLE IN BETWEEN EPISODES
HERPES SIMPLEX

- HSV-1 CAN APPEAR ON THE CORNEA OF THE EYE
- WILL AFFECT THE EYE:
  - CLOUDY VISION
  - PAINFUL
  - OVER TIME: CORNEA MAY BECOME CLOUDY AND A LOSS OF VISION MAY OCCUR
HERPES SIMPLEX

• ORAL HERPES MAY ALSO TRAVEL DOWN THE ESOPHAGUS AND GET TO THE LUNGS

• THIS WILL CAUSE A DIFFICULTY BREATHING, PNEUMONIA, AND DIFFICULTY SWALLOWING
Tinea Pedis

- AKA “Athlete’s Foot”
- Fungal infection of the foot caused by walking barefoot in public restrooms or locker rooms
TINEA PEDIS
TINEA PEDIS

- MORE COMMON IN ATHLETICS BECAUSE OF FOOT SWEAT, WEARING SHOES, AND EXPOSURE
TINEA PEDIS: TREATMENT

- KEEP FEET DRY
- WEAR SHOES WITH SPACE AROUND THE TOES
- WEDGE TOES WITH COTTON IF SEVERE
- TOPICAL ANTI-FUNGAL TREATMENT
Tinea Cruris

- AKA “Jock Itch”
- Also known as “Jock Rash”
- This is due to an accumulation of sweat in the groin
- Causes a break out of a rash of the groin and upper thighs
TINEA CRURIS
TINEA CRURIS

• THIS IS A FUNGAL INFECTION OF THE GROIN
• USUALLY ATTRIBUTED TO POOR HYGIENE
TINEA CRURIS: TREATMENT

• TREATED BY ALLEVIATING MOISTURE
• APPLYING ANTI-FUNGAL OINTMENT, CREAM, OR POWDER
• ALSO, FOLLOWING GOOD HYGIENE