



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Under-breast Soreness (Intertrigo)

Breast Services

What are the aims of this leaflet?

This leaflet has been written to help you understand more about Under-breast Soreness. It tells you what it is, what causes it, what can be done about it, and where you can find out more about it.

What is Under-breast Soreness?

Under-breast Soreness, also known as Intertrigo or Intertriginous Dermatitis (ITD) is an inflammatory, common condition of skin body folds. It happens where skin rubs on skin and commonly occurs under the breasts, under the stomach, inner thighs and in the armpits often resulting in a red rash.

What causes Under-breast Soreness?

The skin under the breast can be susceptible to inflammation due to:

- Trapped moisture being present from sweating.
- A reduced air circulation.
- Rubbing together of folded skin.
- Irritation caused by normal skin germs, such as yeast, fungus and bacteria, which thrive in moist, warm conditions. This can lead to fungal or bacterial infections developing in the inflamed, broken skin.

What are the symptoms of Under-breast Soreness?

Common symptoms are:

- A red or reddish-brown rash, which may appear spotty.
- Cracked or crusty skin.
- Raw, itchy weeping skin with or without a smell.

Who is more prone to getting Under-breast Soreness?

Women who sweat excessively, who have larger breasts or who have diabetes are more susceptible to getting Under-breast Soreness.

How can I reduce the risk of Under-breast Soreness?

There are some simple things you can do to reduce your risk of getting Under-breast Soreness and prevent any inflammation from getting worse.

- Wash under your breasts daily using a non-perfumed body wash.
- Pat dry thoroughly (do not rub).
- Using a hairdryer on a cool setting can help with drying, especially those with larger breasts.
- Always wear a clean bra.
- Wear a well-fitted supportive cotton bra lifting the breast from the ribs. Avoid nylon or other manmade fabrics which can trap moisture.
- It can help to wear a cotton top under your bra.
- Losing weight may help to reduce the area where skin can rub on skin.

Who diagnoses Under-breast Soreness?

The best way to know for sure is to ask your doctor. Your doctor will be able to tell if you have intertrigo by looking at your skin.

What treatment will I need?

Your doctor may recommend over the counter treatments to reduce inflammation on the affected areas. In some cases your doctor may prescribe stronger creams and/or anti-fungal or antibiotic treatment.

Can I have a mammogram with Under-breast Soreness?

Yes you can have a mammogram with under-breast soreness, however, if the under-breast soreness is particularly severe then for your routine screening mammogram, it may be worth postponing it for a few weeks, whilst the inflammation improves. This can be discussed with your mammographer at the time or you can change your appointment by ringing the Breast Screening Unit (see telephone number below).

If your doctor has referred you to a clinic at the hospital for a breast symptom it is still very **important** to attend even if you do have under-breast soreness.

Further information

Breast Screening Unit

Tel: 0151 282 6920

Text phone number: 18001 0151 282 6920

Your family doctor (GP) or Practice Nurse

<https://medlineplus.gov/ency/article/003223.htm>

<https://www.dermnetnz.org/topics/intertrigo>

Breast Cancer Care:

Tel: 0808 800 6000

www.breastcancercare.org.uk

Author: Breast Services Directorate

Review date: October 2020

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له لایمن تراستوهه پسمند کراون، ننگمر داوا بکرتیت له فورماتکاتی تر دا بریتی له زمانهکاتی تر، نیزی رید (هاسان خویندنهوه)، چاپی گموره، شریتی دهنگ، هیللی موون و نملیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字
体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.