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## DANGER OF FUNGAL INFECTIONS OF THE SKIN

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**Abstract.** *The work deals with fungal skin diseases, which take the first place among all infections: ways of their transmission, symptoms, diagnosis and treatment methods, and recommendations for the prevention of mycoses in the future. Why these diseases are considered dangerous? How to protect yourself from infection?*

**Key words:** *mycoses of the skin, ways of transmission, diagnosis, treatment, prevention*

### Introduction.

Fungal skin diseases (mycosis) are a group of diseases based on infection of the skin by pathogenic parasitic fungi. Fungus of the smooth skin often appears as white or brown spots, which may turn red after contact with water, cold or hot air. Fungal diseases rank first among infections. Mycoses are contagious. Pathogens of the disease transmitted by direct contact with an infected person or animal, as well as through objects, clothes, shoes. The greatest probability of infection with a fungal skin disease occurs in public places with high humidity - baths, saunas, swimming pools. However, in other places of public use, there is also a risk of infection:

- gyms;
- massage rooms;
- manicure salons;
- hairdressers and beauty salons;
- hotels;
- beaches.

### The main text.

Depending on the types of pathogenic fungi, the following complaints and sensations may occur: itching, burning, peeling, discoloration of the skin, the appearance of ulcers, abrasions, cracks, inflammatory foci (bubbles) on the skin. The insidiousness of most fungal lesions of the skin is that they are almost impossible to detect in the early stages, since there are no obvious clinical manifestations described

above.

If at least one of the symptoms appears, you should immediately consult a specialist and, in no case, do not engage in self-medication! These symptoms can also be present in many other dermatoses. By carrying out self-treatment, you can erase the characteristic clinical picture of the disease. Even after a one-time application of any drug, the meaning of passing diagnostic tests is lost, and this makes accurate diagnosis and correct treatment of the disease difficult!

In the absence of proper treatment of skin fungus, the disease turns into a chronic form, and, with a high probability, it can spread from the skin to the hair and nail plates. Treatment of fungus on nail plates, unlike the treatment of fungus on smooth skin, the process is longer and more difficult. In addition, a fungal disease is not just a skin lesion, but also a place of possible penetration into the body of various pathogenic bacteria that can cause diseases that are even more serious.

### **Causes of fungus on the skin**

There are two main reasons for the formation of fungus on the skin:

1. Excessive growth of own microflora. A huge number of pathogenic fungi and microorganisms live on the human skin, which normally do not cause any inflammatory processes. Decreased immunity or poor quality of nutrition can cause the development of this disease;
2. Entry of pathogenic microflora from the external environment (from a sick person, from the soil, from animals).

For example, if a person already has foot fungus and he walks barefoot, then with each step he loses about 50 micro-scales, each of which contains fungal spores that retain their viability for a year or more.

This does not mean that the fungus will develop immediately upon contact with the skin. It will begin to develop only if there are favorable conditions for this.

Among the main carriers of fungal infection, it is worth highlighting objects that are in close contact with the skin: other people's slippers, towels, manicure tools, combs, bed linen, etc. As for public places, these are beauty salons, swimming pools, saunas, baths, public toilets, gyms, hotels.

## **Diagnosis of fungal infections**

At the doctor's consultation, an anamnesis is collected, risk factors identified, and a skin examination performed. To confirm the diagnosis, a laboratory scraping or washing can be prescribed to identify the type of pathogen and determine its sensitivity to antimycotics.

## **Treatment of mycosis of the skin**

The treatment plan primarily includes curative and preventive measures that prevent the development of a fungal infection. Depending on the severity and type of infection, a complex approach is used in the treatment: taking antifungal drugs, local application of creams, ointments, aerosols, gels, shampoos to the affected areas of the skin. Sweets, alcohol, flour, fatty, fried, carbonated drinks, products containing yeast and mushrooms should be excluded from the diet.

## **Prevention of mycoses**

To avoid infection and prevention of fungal diseases, you should follow precautionary measures, which can be reduced to the following tips:

- daily follow the rules of personal hygiene;
- dry the whole body after washing;
- do not use other people's towels, clothes, bed linen, shoes;
- wear fresh underwear, change socks every day;
- Do not wear wet clothes (for example, swimwear, and sports clothes);
- Do not wear shoes that are too narrow;
- do not walk barefoot in gyms, swimming pools;
- use antibiotics only as prescribed by a doctor.

## **Conclusion.**

The fungus of the skin is "afraid" of dryness and cleanliness, therefore, when fungal skin diseases occur, it is necessary to observe personal hygiene, change underwear more often, and thoroughly dry shoes. If you suspect a fungus, you should immediately consult a doctor and undergo treatment in order to avoid infection for your family. The doctor can also recommend means to combat increased sweating.

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