

# Health & Fitness

Ojai Valley News

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## Cleanliness is the key to preventing jock itch

George  
Meinig, DDS



Special to the News

Dear Dr. Meinig:

I have never seen anything written about an itching condition around the scrotum, inner thighs and rectum area. From the number of men I observe scratching, I know I'm not alone with the problem. But it is embarrassing and annoying. Is there some nutritional reason?

— F.C.

Dear F.C.:

Not only is jock itch suffered by a high percentage of males, but vaginal irritation probably affects as many females. This condition can be caused by a variety of bacterial organisms and by fungus infections as well.

The most common cause of this problem is seldom, if ever, mentioned. That is the incomplete removal of feces from the rectal area after a bowel movement. The advent years ago of the toilet paper roll was such an improvement that little or no thought has been directed to this daily necessity since that time.

Everyone can discover and prove how inefficient the use of toilet paper is by wetting one or two pieces of Kleenex and rewiping again right afterward. The amount of additional excrement found on the tissue is astonishing.

Once this is witnessed, it is not too difficult to realize that the number of bacteria contained in feces that remain around the anal area because of incomplete wiping can be responsible for a proliferation of organisms to the surrounding areas. Their growth is known to be accentuated in those who wear tight fitting underwear as it creates a warmer environment that stimulates an increase in the development of organisms.

Not only can incomplete wiping after defecation cause jock and vaginal itching problems, but it is possible that the bacteria that have infected the genital area could be transferred from male to female or female to male and result in possible bladder infections.

If you find wetting Kleenex with water inconvenient, Scott Paper Company makes a pre-moistened cleansing wipe called "Softkins." Also available in pharmacies is a Parke-Davis hygienic wipe called "Tuck" pads. These contain various medications that are listed on the label. Both are available at the Ojai Village Pharmacy. Other outlets were not checked but shouldn't be too difficult to locate.

Women are advised when using toilet paper to wipe from the front backward as vaginal contamination can take place quite readily when the direction is forward.

The most common fungus infection is called *Candida Albicans*. It frequently follows the use of antibiotics or steroids. Vaginal fungus infections are a frequent cause of itching in women and pain and discomfort as well.

One sign of *Candida* can be observed on the tongue. It is the white coating that is often seen during illness. The white you see on the tongue is actually growths of fungus. Brushing the tongue after tooth brushing helps to reduce the colonies of *Candida*.

Nutritionally, vitamins B2 and B6 are associated with this condition. Rutin, a bioflavonoid and the bioflavonoid complex have proved helpful in treating these itching problems and for hemorrhoid sufferers as well.

If these supplements are used, one should also take B complex and a multiple vitamin mineral preparation in order to maintain a better balance of the vitamins.

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Everyone has a question about nutrition. Send yours to Dr. George E. Meinig, c/o Ojai Valley News, Box 277, Ojai, 93023.

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