

## The Importance of Early Diagnosis in Tinea Corporis Infection: Perspectives from a Personal Experience

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### ABSTRACT

Tinea corporis is a common fungal infection characterized by itching, redness, and ring-shaped lesions on the skin. This paper provides a comprehensive review of the symptoms, treatment, and prevention of the infection, emphasizing the critical importance of early diagnosis. By sharing the diagnostic process of the infection through my personal research, the aim is to contribute to raising health awareness among individuals and helping them make informed decisions. Early diagnosis is crucial for initiating effective treatment and preventing the spread of the infection. Our findings highlight the significance of personal experiences and the role of individual research in the diagnostic process for health awareness. This paper aims to raise awareness about the importance and treatment options of tinea corporis infection. It should be noted that increasing early diagnosis and health awareness contributes to effective management of the infection and the protection of public health.

**Keywords:** Tinea corporis, Early diagnosis, Health awareness, Treatment

### INTRODUCTION

Tinea corporis is a common fungal infection on the skin, presenting with itching, redness, and distinct ring-shaped lesions (**Figure-1**). Caused by fungi such as *Microsporum*, *Trichophyton*, and *Epidermophyton*, this infection can be transmitted to humans via domestic animals like cats. Early diagnosis is crucial for observing the symptoms and initiating appropriate treatment in a timely manner. Additionally, having accurate information about the transmission routes, risk factors, and effective treatment options is important. Therefore, a deep understanding of tinea corporis infection and public awareness are critical for both individual health and community health. The purpose of this paper is to comprehensively examine tinea corporis infection and highlight the importance of early diagnosis. Furthermore, by sharing the diagnostic process through my personal research, the aim is to contribute to individuals making informed decisions about their health (**Figure-2**). In this context, by providing a thorough assessment of the clinical features, transmission routes, risk factors, diagnosis, and treatment options of the infection, I aim to help raise public awareness on this topic.

**Figure 1:** Example of Ringworm**Figure 2:** Comparison of My Lesion with Sample Photo

## OBJECTIVE

The primary objective of this paper is to examine tinea corporis infection from a broad perspective, especially by sharing the process of diagnosing my own infection, which I contracted from a cat, through personal research. This aims to highlight the importance of early diagnosis and the role of individual research in the diagnostic process. Additionally, it seeks to prevent the spread of the infection through awareness and education.

## METHOD

This review study was prepared through an in-depth examination of data from the existing literature and evaluation of personal experiences. Research on the clinical features, transmission routes, risk factors, diagnosis, and treatment methods for tinea corporis infection was compiled by reviewing literature. Personal experiences were utilized to detail the diagnostic process.

## Findings

Tinea corporis is a skin infection caused by fungi known as dermatophytes. The name "ringworm" is derived from the characteristic ring-shaped lesions of the infection. It is characterized by raised, red, itchy, scaly, circular rashes that give a worm-like appearance under the skin. However, it is not a worm but a fungal infection. The lesions can spread, usually along their edges, but do not extend beyond the stratum corneum (the dead layer of the epidermis) as the fungi feed on keratin. The infection is typically caused by fungi such as *Microsporum* and *Trichophyton* and is a common and contagious condition. The type of fungus known as *Microsporum* can be transmitted from animals to humans, with transmission frequently occurring from cats and dogs (*M. canis*). The incubation period is 1-3 weeks. Transmission usually occurs through direct contact with infected animals, use of clothing or towels from infected individuals, touching infected surfaces, or even the airborne spread of fungal spores, all of which can increase the risk of infection. Additionally, I would like to mention my personal experience with tinea corporis infection. A few weeks ago, I noticed ring-shaped lesions on my skin, accompanied by itching and redness (**Figure-3**). Initially, I was unsure of the source of the infection, but later realized it might have been transmitted from my cat. To confirm this theory, I collected skin scrapings, cultured them on fungal media, and examined them under a microscope (**Figures 3,4,5,6**). As a result, we identified it as tinea corporis. Topical antifungal creams and lotions were used in the treatment, and I responded positively to

the therapy with improvement in infection symptoms. Furthermore, to prevent the spread and recurrence of the infection, I took several measures, including limiting the sharing of personal items, carefully managing contact with pets, and adopting hygienic practices to prevent the spread of the infection.



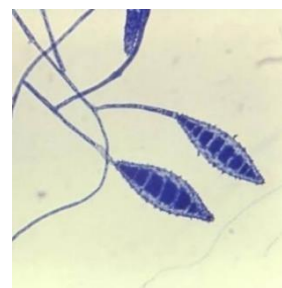
**Figure 3 :**Ringworm on My Wrist



**Figure 4:** Tinea Corporis on Culture Medium



**Figure 5:** Microscopic Image



**Figure 6:** Spindle-Shaped Macroconidia

## DISCUSSION

My personal experiences underscore the importance of the diagnostic process through individual research, specifically identifying that my infection was contracted from a cat. Early diagnosis ensures effective treatment of the infection and prevents its spread. The process of diagnosing through personal research is critically important for health awareness and education. Therefore, awareness campaigns and educational efforts about tinea corporis infection are essential to support public health and control of the infection.

## CONCLUSION

Tinea corporis infection is a common issue that affects skin health. This study was conducted to provide information about the symptoms, diagnosis, treatment, and prevention of the infection and aims to raise awareness. Early diagnosis and appropriate treatment are fundamental for effective management of the infection. Additionally, adopting hygienic measures is critical to prevent the spread of the infection. It is important for individuals with tinea corporis infection to seek treatment from a healthcare professional. This study aims to be an informative resource on the importance of tinea corporis infection and treatment options. Increasing awareness and ensuring appropriate treatment will improve patients' quality of life and contribute to the protection of public health.

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