

Frequency of Dermatophytosis in Wrestling and Bodybuilding Halls in Challous, 2010

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Abstract

Background and Objective: One of the most common diseases of keratin tissues is dermatophytosis caused by dermatophyte fungi. Because of being contagious, it has a high prevalence rate in wrestling and body building gyms. This study was designed to evaluate the process of this disease and improve the hygiene of halls.

Material and Methods: The Samples (N= 540) were obtained from athletes and gyms, and a questionnaire was used to gather information. To identify various species of dermatophyte, the routine diagnostic procedures, culture media, and supplementary tests were performed.

Results: Of samples taken from athletes, 59 wrestlers and 11 body builders suffer from dermatophytosis. *Trichophyton tonsurans* (%28.81) and *Epidermophyton floccosum* (%36.36) are the main isolates in wrestlers and body builders. Also the rate of *epidermophyton floccosum* (%37.5) is the highest in the samples taken from gym mats and halls.

Conclusion: Because of high prevalence of dermatophytosis, pay attention to increase of hygiene and training courses for coaches and athletes are crucially important.

Keywords: Dermatophytosis; Wrestling and Body Building Halls; Challous