



## Non-specific balanitis

Non-specific balanitis is an eczema due to unspecific irritation localized to the glans penis and/or the foreskin. Non-specific balanitis is common and can affect both younger and older men.

### Symptoms

Usually a non-specific erythema/redness can be seen. Sometimes oedema, scaling or fissures are visible. Some persons experience itch or a burning sensation. The signs and symptoms are often recurring.

### Cause

Non-specific balanitis can be caused by dryness and irritation due to frequent washing, use of soap and sweating. The humidity created under the foreskin can be another factor. In some cases, e.g. in diabetics and elderly men, yeast infection (candida) can contribute to the occurrence of balanitis. Bacterial infection can also increase the symptoms in some cases.

### Treatment

The most important thing is to avoid irritation of the skin. It is recommended to avoid soap and only wash with tepid water until the irritation has subsided. Usually, treatment with a cream containing mild cortisone and anti-fungal can be helpful (e.g. Cortimyk or Daktakort, can be purchased over the counter). An alternative is using a cream with only mild cortisone (Hydrokortison). You can treat twice a day for 1 week, once a day for 1 week and once every other day for 1 week. If you have only mild symptoms the treatment can be shortened. The treatment can be repeated if the symptoms recur, which is common.

To reduce the risk of recurring symptoms it is important to reduce the use of soap and avoid frequent washing. To regularly use an unscented moisturizer (e.g. Locobase, Essex cream or Decubal) after washing is also important.