

Common Male Organ Problems that Fitness Buffs Should Be Aware Of

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The regular gym goer had a host of male organ problems that he's especially vulnerable to. This article helps active men identify some of the most common problems and how to treat them.

There's no doubt that regular exercise is good for the mind and body. But a regular gym goer has a host of male organ problems that they're more susceptible to than those sitting on the couch. Between less than sanitary conditions, communal bathrooms and lots of sweat, your typical gym is ripe with bacteria that can leave your manhood vulnerable to discomfort. But with a little knowledge, many of the most common male problems found at the gym are easily diagnosable and treatable.

Here are the three most common male organ problems found at the gym and how you can solve them:

1) **Yeast Infection** – Most commonly thought of as a female health problem, men can also find themselves with a yeast infection, especially if they're frequenting the gym. This type of infection is caused by a fungus called candida. While candida is usually present on the body and perfectly healthy, an overgrowth of it can be the cause of a male yeast infection. Symptoms of a male yeast infection typically includes itching and a burning sensation accompanied by a red rash or white, shiny patches on the member. In some cases, a thick white substance may be present.

Candida thrives in dark, warm and moist conditions, making it essential to change out of sweaty gym clothes as soon as your exercise is over. Spending the day in used gym clothes can make one very susceptible to this common problem. Curing a male yeast infection will require an over the counter antifungal cream.

2) **Jock Itch** – Tinea cruris, the fungus behind jock itch, is another common ailment for the regular exerciser. Like candida, tinea cruris flourishes in dark, warm and moist areas, making the inner thighs especially vulnerable after a vigorous workout. Because tinea cruris is a form of ringworm, it has a distinct mark, making it easy to identify and diagnose. A man dealing with jock itch will suffer from a red, scaly, circular rash with raised edges that often itches and burns.

Like yeast infections, jock itch can be easily avoided by swapping soiled gym clothes with fresh, clean options after a workout. It's also essential not to share damp towels or be in close contact with others that may be experiencing tinea cruris. Over the counter antifungals will clear up this very common infection.

3) **Chafing** – In and out of the gym, male organ chafing is a common problem that affects many men. However, gym conditions can make active men particularly vulnerable to this uncomfortable condition. Damp skin is more likely to cause friction, making excessive sweat a top culprit for a chafed member. Unlike yeast infections or jock itch, male organ chafing is marked by red, flakey skin and, while uncomfortable, won't cause the acute itching and burning common with infections.

To combat chafing, opt for looser, breathable clothing. Synthetic materials tend to be best as cotton can trap moisture. In the case of chafing, a delicate moisturizer can also be applied to relieve uncomfortable symptoms. A cool compress with a clean, dampened towel can also quickly relieve irritation caused by chafing.

Relieving symptoms

While waiting for an antifungal cr me to work, those afflicted with a yeast infection or jock itch can quickly relieve their symptoms. Delicately wash the infected area with warm water and a mild soap. If the infection is particularly severe, just water will work as soap may irritate the area even more. After washing, gently pat the area dry and apply a high-quality [male organ health creme](#) (health professionals recommend Man 1 Man Oil) designed to soothe and protect the sensitive private area. While male organ problems at the gym are common, they don't have to get in the way of an active lifestyle.

Visit <http://www.menshealthfirst.com> for additional information on most common male organ health issues, tips on improving male organ sensitivity and what to do to maintain a healthy male organ. John Dugan is a professional writer who specializes in men's health issues and is an ongoing contributing writer to numerous websites.

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