

Review Article

Atypical Presentations of Tinea Incognito

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A B S T R A C T

Dermatophytosis is a prevalent superficial fungal infection involving 20–25% of the worldwide population, attributed to various species of dermatophytes, such as *Trichophyton*, *Microsporum* and *Epidermophyton*. However, its clinical presentations in immunocompromised individuals or those resorting to topical and systemic corticosteroids often mimic other dermatoses such as exfoliative dermatitis (ED), dermatophytosis incognito, inflammatory, or neoplastic conditions, leading to delayed or mismanagement in treatment. This review focuses on the prevalence of atypical presentations of tinea incognito and their diagnostic evaluations highlighted through relevant case reports from the year 2019 to 2024.

Keywords: Dermatophytosis, Tinea Incognita, Topical Corticosteroid Application, Atypical, Tinea Pseudoimbricata

Introduction

Dermatophytosis is classified as a keratinolytic fungus predominantly affecting keratinised tissues, including the skin, nails, and hair. Worldwide epidemiological studies show the prevalence of *Trichophyton* species followed by *Microsporum* species. *T. rubrum* and *T. mentagrophytes* are more predominantly found affecting skin and nails. The emergence of resistance to antifungal agents, particularly azoles and allylamines, is being seen progressively. Recent studies in India highlight that *Trichophyton mentagrophytes* has become the predominant fungal species associated with chronic dermatophytosis. In cases of long-term infections, *Epidermophyton floccosum* and *T. mentagrophytes* are recognised as significant etiological agents.¹

While classic presentations such as tinea corporis or tinea pedis are easy to recognise, altered presentations often induced by immunosuppression or misuse of topical corticosteroids and oral corticosteroids pose

significant diagnostic challenges. Tinea incognito [TI] or dermatophytosis incognito is one such variant with modified clinical features due to misdiagnosis and inappropriate usage of corticosteroid/ calcineurin inhibitors/ immunosuppressive drugs.²

This review discusses rare presentations of dermatophytosis with a focus on psoriasis-like tinea incognito, eczema-like incognito, intertrigo-like, and exfoliative dermatitis-like, integrating findings from recent case reports.

Materials and Methods

A systemic review was accomplished by extracting data utilising PubMed and Scopus databases. Search words contained "Tinea incognito", "Tinea incognita", "Tinea pseudoimbricata", and "Atypical dermatophytosis". The search strategy included a comprehensive range of study types: meta-analyses, case reports, observational studies, randomised controlled trials (RCTs), clinical trials, and

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systematic reviews. The focus was on literature published globally in English within the last five years, specifically from 2019 to 2024. Furthermore, a limited number of unavailable full-text articles were incorporated into the analysis, while duplicate entries were systematically removed. The data obtained from the search results was precisely examined and analysed in detail for this review.

Updates on the Epidemiology of Tinea Incognita

This review analysis, derived from 36 articles encompassing 163 global cases over the last five years from 2019 to 2024,

demonstrated that mean age of patient was 39.3 years, with age distribution varying from 2 to 89 years as detailed in Figure 1, Table 1. A notable female predominance was observed, with females comprising 60% (n = 99) compared to 40% of males (n = 64). It is important to highlight that tinea infections predominantly affect adults. However, in this review, pediatric cases accounted for 19.4% of the total (7 out of 163), among which the primary causative agent noted were *Trichophyton mentagrophytes*, with *Microsporum canis* and *Trichophyton violaceum* following in prevalence.³

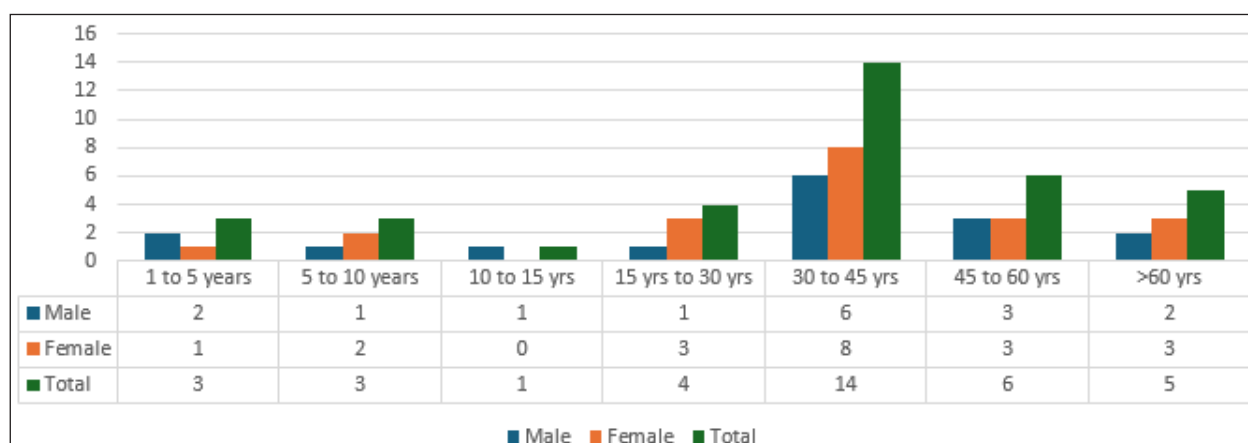


Figure 1. Age distribution of Tinea incognito cases (Case Reports Mentioning Age were Included)

Table 1. Place of study and reported cases

Place of Study	Year	Authors	Cases
Mexico	2024	Diana Gallegos espadas ²²	1
India-Pune	2024	Divya Asnani ²⁰	1
India-Karnataka	2023	Balachandra S ²⁴	1
India-Maharashtra	2022	V.Zawar ²⁵	1
India-Kolkata	2020	Surajit Goral ³²	2
Korea	2023	Hyun Bin ²¹	38
China	2023	Sushant li ⁴⁸	1
China	2023	Lei chu ²³	1
China	2023	Wenting hu ³¹	1
China	2022	Xiang Dong ⁴⁴	1
China	2021	Ya bin zhou ³⁴	1
China	2020	B. Yin ⁵³	1
China	2020	Ge Song ¹⁹	1
Poland	2022	Nowowiejska ³³	1

Italy	2022	Roberto russo ³⁵	1
Taiwan	2022	Yi teng ²⁶	1
New York	2022	Elizabeth J ³⁹	1
New York	2022	Cunningham ³⁶	3
Belgium	2022	Absil G ⁴¹	1
Ireland	2022	Jason hynes ⁴³	1
USA	2022	Babakoohi ³⁸	1
USA	2022	Nadelman DA ³⁷	1
USA	2022	Fernandes D ⁴⁰	1
Chiba	2021	Tomohiro suzuki ⁴²	1
London	2021	Steele L ⁴⁹	1
Switzerland	2021	Emelianov ²⁸	1
Indonesia	2021	Risa ⁴⁵	1
Turkey	2020	Goknur kalkan ⁴⁶	1
Iraq	2020	Samer dhaher ¹⁴	90
Serbia	2020	Sekulic J ⁵⁰	1
Georgia	2020	Douglas ²⁹	1
France	2020	Froidefond ²⁷	1
Slovenia	2020	Laura ³⁰	1
Uruguay	2019	Nelson turra ⁴⁷	1

Atypical presentations presented mostly as eczema-like lesions (n = 82, 50%) followed by psoriasis-like (n = 28, 17%), intertrigo (n = 16, 10%), rosacea (n = 6, 3.6%), contact dermatitis like (n = 6, 3.6%), lupus erythematosus like (n = 4, 2.4%), cellulitis (n = 3, 1.8%), follicular (n = 3, 1.8%), pseudoimbricata (n = 3, 1.8%) and other case reports (n = 1, 0.6% each) presenting with rare morphology like central centrifugal cicatricial alopecia (CCCA), tinea of vellus hair, disseminated, exfoliative dermatitis, subcorneal pustular dermatosis, gyrate erythema, and cutaneous T cell lymphoma (Figure 2).

Ghaderi et al. stated that in TI, *T. mentagrophytes* is a prevalent causative agent. A review of the available case reports with the isolation of organisms from TI lesions from 2019 to 2024 (Figure 3) showed that *T. rubrum* (n = 40, 45%) and *M. canis* (n = 34, 38%) were the extensively predominant aetiological species followed by *T. mentagrophytes* (n = 6,

6.8%).⁴ Other species reported were *T. interdigitale*, *T. violaceum*, *T. tonsurans*, *M. audouinii* and *T. erinacei*.

According to Dogra et al., an invasion of the hair follicle and shaft by *Trichophyton rubrum* species was reported by interleukin 8.⁵ In this review, the prevalence of invasion of hair was noted by *T. violaceum* followed by *T. tonsurans* and *M. canis* species.

Tinea indecisa/ tinea pseudoimbricata (Figure 4), represents a subset of tinea infections, with *Trichophyton concentricum* identified as its primary causative agent.^{6,7} In this review, Absil G et al. and Suzuki et al. [^{41,42}] found *Microsporum audouinii* and *Trichophyton tonsurans* species prevalence respectively from tinea pseudoimbricata lesions.

TI lesions were predominantly observed on the face (n = 60, 26%), (Figure 5), which aligns with the findings of Dutta et al.,⁸ particularly in the context of increased mask usage

during the COVID-19 pandemic. Unlike Stringer et al.⁹ who reported a similar prevalence of lesions on the face and trunk, our analysis revealed that lesions on the extremities (n = 42, 18%) were the second most common, followed by those on the trunk (n = 38, 16%). Ear (n = 2, 0.8%) and nail involvement (n = 2, 0.8%) were less frequently seen (Figure 6).

Forty-seven patients (79%) reported underlying systemic diseases (Figure 7) and the most common association reported was hypertension (n = 10, 16%) followed by diabetes mellitus (n = 7, 11.8%). Twelve patients (20%) reported co-existing dermatological conditions like psoriasis (n = 7, 11.8%), atopic dermatitis (n = 2, 3.3%), bullous pemphigoid (n = 1, 1.6%), prurigo nodularis (n = 1, 1.6%), and ichthyosis (n = 1, 1.6%).

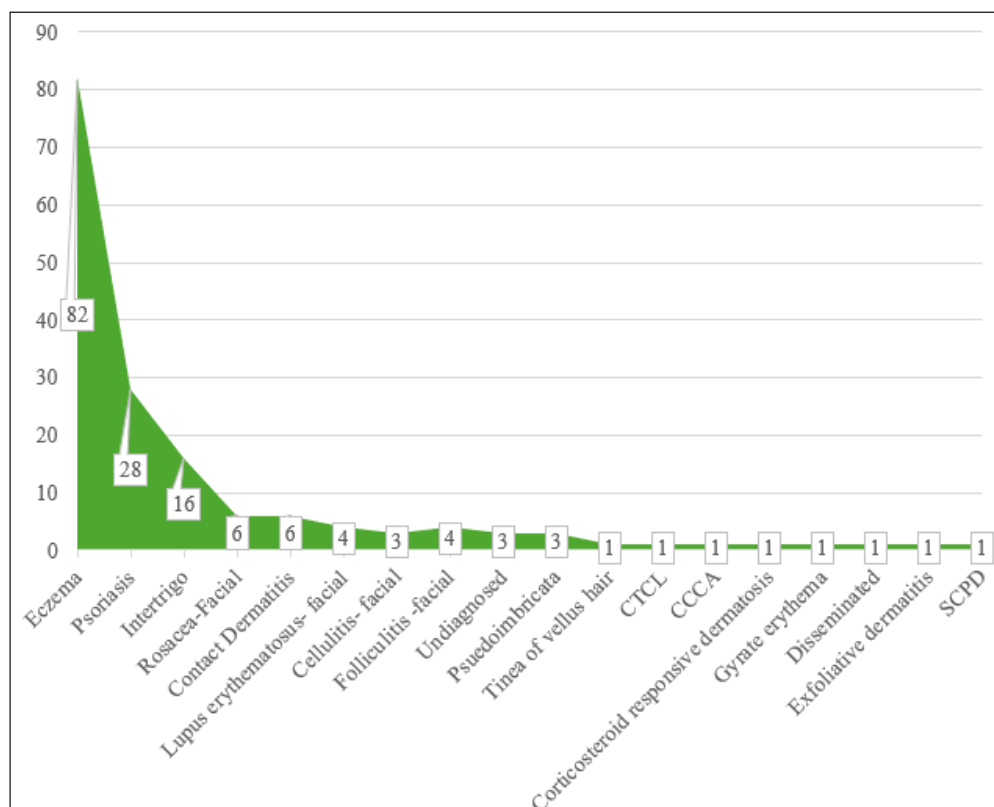


Figure 2. Atypical Presentations of Tinea Incognito

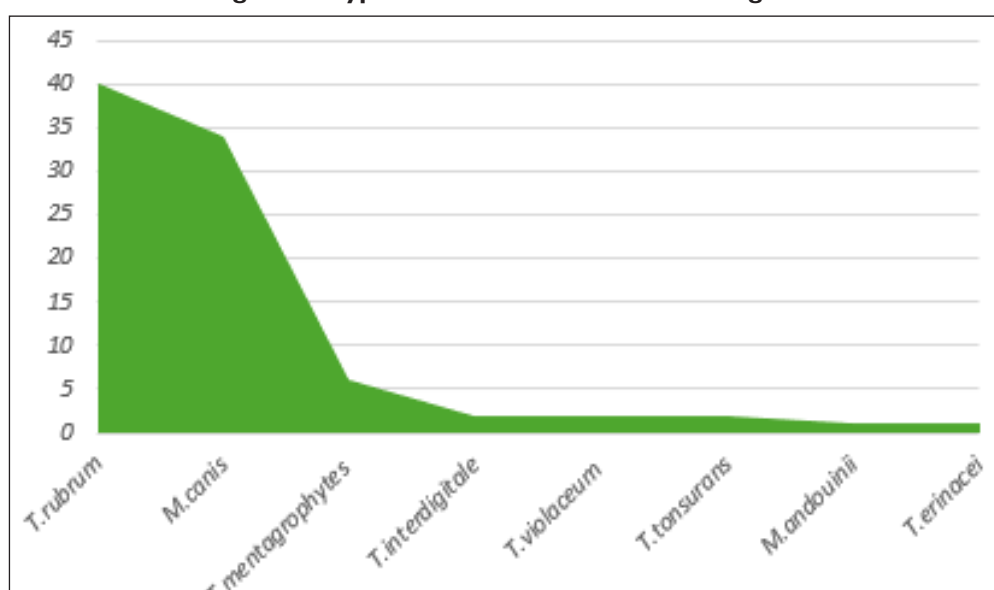


Figure 3. Prevalence of causative organisms in Tinea incognito



Figure 4.A Case of Tinea Pseudoimbricata

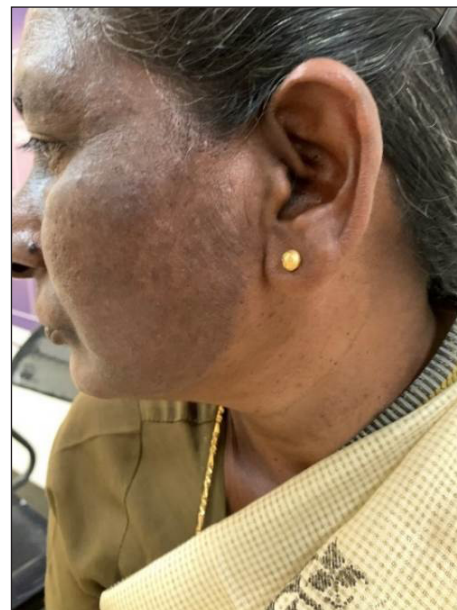


Figure 5.A Case of Tinea Incognito-Face Region

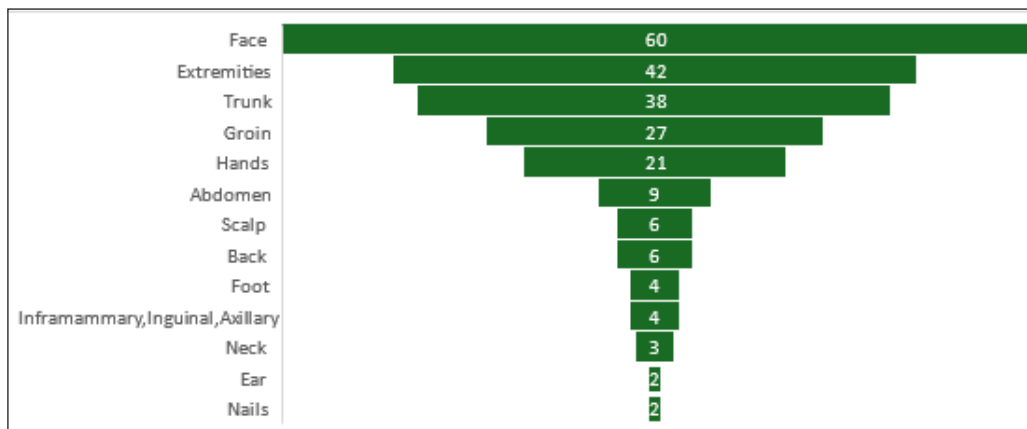


Figure 6.Sites involved in tinea incognito cases

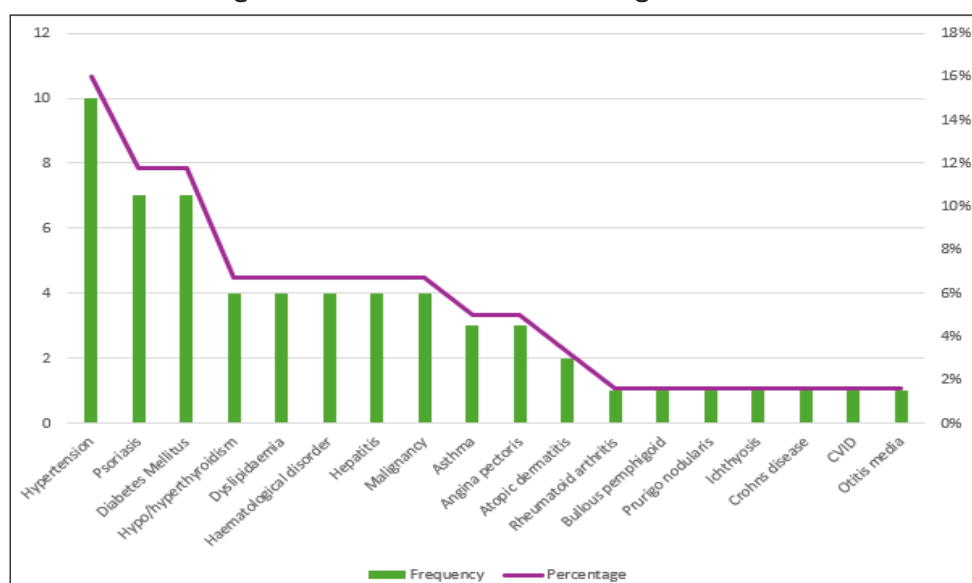


Figure7.Associated systemic and dermatological conditions

Inappropriate treatment taken was also analysed as per the case reports in the past 5 years as demonstrated in Figure 8 and Table 2. Usage of topical steroids (n = 79, 44%) was the most abused drug for tinea incognito followed by fixed drug combination (n = 33, 18%). The least commonly reported drugs were minoxidil (n = 1, 0.5%), apremilast (n = 1, 0.5%), and ixekizumab (n = 1, 0.5%).

Diagnostic challenges increase in TI cases as repeated KOH and culture show negative results, urging demand for other advanced diagnostic techniques like dermoscopy, reverse transcription polymerase chain reaction (RT-PCR), MALDI-TOFMS (matrix-assisted laser desorption ionisation-time of flight mass spectrometry) and reflectance confocal microscopy. In this study, as illustrated in Figure 8, 40% of the cases were identified using potassium hydroxide (KOH) preparation, while 35% were diagnosed via culture methods. The remaining cases were diagnosed through various techniques, including periodic acid-Schiff (PAS) staining, calcofluor white (CW) staining, histopathological examination, RT-PCR, and dermoscopy.¹⁰ Limitations of biopsy and confocal microscopy were that such tests couldn't specify the species or genus of the fungus.

Table 3 delineates the various treatment interventions administered in these cases. It is noted that in about 67% of patients griseofulvin showed a significant cure both microscopically and clinically.¹⁴ Terbinafine obtained a complete recovery in a patient not responding to oral itraconazole as reported by Sushan et al. in contrast to Yamada et al. and Sardana et al.^{11,12,13} who reported terbinafine resistance due to squalene epoxide gene mutation and higher minimum inhibitory concentration (MIC). Itraconazole was found effective in 6.6% of patients followed by fluconazole 0.7%.

Topical treatment is considered first-line treatment in mild cases. In this comprehensive five-year evaluation (Table 4) terbinafine cream was found effective in 20% of cases followed by, isconazole in 19%.

In India, case studies have demonstrated effective management of TI lesions through the administration of itraconazole, complemented by the topical application of luliconazole cream for about 4–6 weeks.

Literature Review of Atypical Presentation of Steroid Treated Tinea Cases

Topical corticosteroids are known to disrupt local immune responses, consequently allowing for the potential dissemination of the infection. The process commences with steroid hormones binding to cytoplasmic receptors in keratinocytes, which subsequently triggers the synthesis of lipocortins. These lipocortins play a crucial role in interfering with the action of inflammatory mediators and regulating

arachidonic acid metabolism. This mechanism results in inhibit polymorphonuclear leukocyte migration, causing the anti-inflammatory effects of steroids. Additionally, lipocortins may enhance vasoconstriction and reduce vascular permeability, resulting in diminished oedema and erythema increasing the incidence of coinfections.⁴

In TI there is immune dysfunction and repression of inflammatory response causing the spread of fungal infection. Corticosteroids act on antigen-presenting cells, dendritic cells, and macrophages altering the cytokine expression. Shift in immune response from Th1 to Th2. Th2 is activated by steroid-induced dendritic cells-TRL2 release, as well as by the release of IL-6, IL-10, TNF-ALPHA, and a decrease in IL-23, IL6, IL-17, and TGF BETA. Glucocorticoids induce APCs to cause suppression of MHC-2 and loss of inhibition of IL 12, releasing IFNG, and IL-4. Downregulates IL-12 receptors on natural killer and T cells, IL-1, IFN-GAMMA. Concomitantly reduced oxygenation, nutrient availability, and antimicrobial peptide dysfunction also prompt discrepancies in the morphological appearance of Tinea lesions and their progression.^{15, 16, 17,18}

Diagnostic Updates of Tinea Incognito

Dermoscopy at the lesional site aids in diagnosis well as assessment of progression of the disease. Characteristic fungal infection findings noted were brown spots with white-yellowish halos and follicular micropustules. The earliest finding is micropustules around 2 weeks, perifollicular scaling, 4 weeks. Misusage of steroids shows dotted vessels, atrophy and telangiectasia. Also, broken hair, bent, morse code, and corkscrew hairs were seen.^{50,51} In Yadav et al., the most common dermoscopic findings were translucent hair and broken hair.¹¹

DendrisCHIP®DP technology is beneficial in culture-negative dermatophyte infections, processed by RT-PCR or sequencing. It is a semi-automated rapid diagnostic technique which processes up to 192 sample sizes/day with higher sensitivity.¹⁰

Chu et al.²² conducted DNA analysis using ITS1/ITS4 PCR sequencing, which identified the organism as *Trichophyton interdigitale* based on BLAST comparison results. The corresponding nucleotide sequence has been submitted to GenBank and is available under accession number ON778572. In a case report by Suzuki et al.⁴¹, the causative agent of tinea pseudoimbricata was identified as *Trichophyton tonsurans* through sequencing of the internal transcribed spacer (ITS) regions of the ribosomal RNA gene. Similarly, a case described by Song et al.¹⁸, which was diagnosed as tinea affecting vellus hair, revealed via genomic sequencing a 99% homology with *T. violaceum* (CBS 374.92).

Critical Analysis

In multiple cases, age-related data was absent, which hindered the capacity to assess the prevalence of age-specific incidence effectively.

The association between animal exposure and skin conditions is often overlooked in case reports, which is a significant omission given the recent incidence of tinea incognito linked to *Trichophyton erinacei* from pet hedgehogs and *M. canis* by pet cats.^{25,52} It is essential to incorporate pet ownership history when evaluating cases of tinea.

A thorough documentation of the body surface area impacted by tinea incognito is crucial for assessing treatment efficacy and outcomes. As in a case of exfoliative dermatitis secondary to tinea incognito, clinical resolution is earned by the 29th day of treatment and culture was observed to return negative by the 64th day, as reported by Hidayah et al.⁴⁴

Occupational history was ignored in many case reports, which is a critical risk factor, including occlusive clothing and excessive sweating as there is an incidence of mask tinea due to the occlusive effect of the mask.³⁴

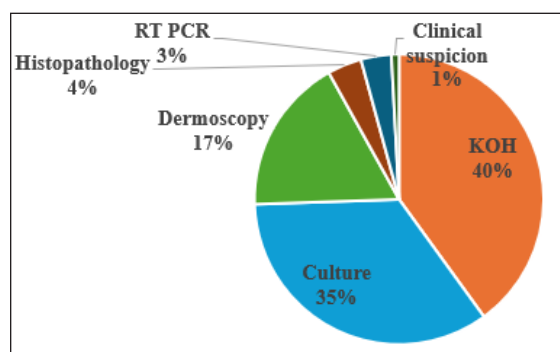


Figure 8. Diagnostic evaluation of Tinea incognito

Table 2. Misuse of drugs in Tinea incognito

Drugs Prescribed/ Self-Treated/ OTC Usage	Frequency	Percentage
Topical steroid	79	43.80
Fixed drug combination	33	18.30
Topical steroid/ calcineurin inhibitors	21	11.60
Systemic steroid	8	4.40
Both topical and systemic steroid	7	3.80
Calcineurin inhibitors	7	3.80
Calcipotriol/ betamethasone	6	3.30
Mupirocin/ gentamicin/ clindamycin/ azithromycin	4	2.20
NBUVB	4	2.20
Triamcinolone acetonide cream/ inj	3	1.60
Methotrexate	3	1.60
Amoxiclav/ doxycycline	2	1.10
Minoxidil	1	0.50
Ixekizumab	1	0.50
Apremilast	1	0.50

Table 3. Treatment taken in Tinea incognito cases

Systemic Treatment taken	IADVL Textbook-Dose*	n	Rooks Textbook-Dose*	n	Fitzpatrick Textbook-Dose*	n
Griseofulvin	500 mg/day x 4–8 weeks	2	1g/day x 4–6 weeks	90	-	-
Terbinafine	250 mg/day x 2 weeks	4	-	-	250 mg/day x 2–4 weeks	29
Itraconazole	200–400 mg/day x 1 week	9	100mg/day x 2–4 weeks	1	-	-
Fluconazole	150–300 mg/ week x 4–6 weeks	1	-	-	-	-

Dose*-standard dosage regimen according to Indian textbook

Table 4. Topical treatment taken in Tinea incognito

Topical Treatment Taken	N
Terbinafine cream	18
Isoconazole	17
Luliconazole 1%	3 (with benzoyl peroxide -1)
Ciclopirlox cream 1%	2
Econazole	1
Luriconazole	1
Clotrimazole	1
Sertaconazole 1%	1
Bifonazole	1
Ketoconazole 2 %	1 (with 10% urea)
Butenafine hydrochloride	1

Conclusion

The analysis revealed that atypical presentations of tinea incognito in the past 5 years predominantly exhibited eczema-like lesions followed by psoriasis-like and intertrigo-like lesions. The aetiological prevalence shows *Trichophyton rubrum* followed by *Microsporum canis* and *Trichophyton mentagrophytes*, mostly affecting the face, extremities and trunk region. The most abused drug is topical steroids followed by fixed drug combinations. In instances of negative KOH and culture results, PAS stain, histopathological evaluation followed by dermoscopic assessment and molecular analysis exerts a critical influence in the diagnosis of tinea incognito. Prolonged systemic antifungal therapies are often required for effective management. In cases of tinea incognito lesions, an expert evaluation is essential, as these conditions are frequently misdiagnosed and may not receive appropriate treatment.

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Authors' Contribution: All authors collaborated in formulating the conceptual framework for the review, selecting relevant studies, extracting data, interpreting findings, and drafting the manuscript. Each author has reviewed and endorsed the final version of the manuscript.

Declaration of Generative AI and AI-Assisted Technologies in the Writing Process: None

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