

Efficacy and Safety of Terbinafine in the Treatment of Tinea Corporis: A summary of clinical insights

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Background: A 27-year-old male presented with well-demarcated, pruritic, scaly erythematous plaques on the trunk, clinically diagnosed as tinea corporis. The patient had a history of similar infections, and was treated unsuccessfully with topical antifungals.

Treatment and Outcome: The patient was prescribed oral terbinafine, 250 mg twice daily, for a duration of four weeks. Aconcomitant topical antifungal agent(Myconazole ointment) were used. Regular follow-ups were conducted to assess clinical response and monitor for adverse effects for liver function. The treatment resulted in complete resolution of lesions, with no recurrence observed during the follow-up period. The patient reported no side effects or discomfort related to the medication.

Discussion: This case highlights the efficacy of terbinafine in managing tinea corporis at the prescribed dosage. The twice-daily dosage of 250 mg proved beneficial in achieving favorable outcomes within a short treatment period. This case supports terbinafine as a first-line treatment for tinea corporis, particularly in cases requiring systemic therapy.

Conclusion: Oral terbinafine remains a cornerstone in the management of tinea corporis, delivering high efficacy with excellent tolerability. This case underscores the importance of individualized treatment regimens to optimize outcomes in dermatophyte infections.

Biography

Elsa Dyla, MPH, is a dedicated public health professional from Albania with a strong background in healthcare management, epidemiology, and community wellness. With years of experience working in both governmental and non-governmental health sectors, she has been at the forefront of designing and implementing public health strategies to address key health challenges in Albanian communities. Elsa earned her Master's in Public Health and has focused her efforts on preventive medicine, maternal and child health, and health education campaigns. Her work emphasizes the importance of health promotion and equitable access to care, particularly in underserved populations.

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