

Is armpit itching a warning sign of cancer?

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Itchy armpits can be caused by hygiene issues, not cancer. But in some cases, itching can be a sign of cancer, such as lymphoma or inflammatory breast cancer.

How is lymphoma related to armpit itching?

Lymphoma is a cancer of the lymphatic system, causing swelling of the lymph nodes - most commonly in the armpits, groin and neck. According to doctors, there are more than 70 types of lymphoma - mainly classified into two groups - Hodgkin lymphoma and non-Hodgkin lymphoma.

Studies show that more than 30 percent of people are diagnosed with HL and 15 percent with NHL. It is sometimes called Hodgkin's itch or paraneoplastic itch.

Other places that may itch include the areas of skin affected by lymphoma and the lower legs. However, in some cases, itching can also affect the entire body. Other symptoms of lymphoma include:

1. Swollen lymph nodes
2. Fever
3. Shiver

4. Night sweats
5. Unexplained weight loss
6. Lack of energy

How is inflammatory breast cancer related to armpit itching?

Inflammatory breast cancer is a rare form of cancer that causes symptoms that include itching. If your breasts are tender, swollen, red, or itchy, your doctor may first consider an infection rather than inflammatory breast cancer. Some notable signs that are symptoms of this cancer include:

1. Changes in skin texture such as thickening or pitting that make the breast skin look and feel like an orange peel
2. Swelling that makes one side appear larger than the other
3. One breast is heavier and warmer than the other
4. One side has redness or discoloration that covers more than one-third of the breast
5. Inverted or retracted nipples

Is frequent armpit itching a sign of cancer?

According to a 2022 study that included more than 300,000 people, people who experience unexplained itching are more likely to develop blood cancers, such as lymphoma, than people who don't experience itching.

However, only a small proportion of people in the study were diagnosed with leukemia — less than 0.4 percent after one year and still less than 1 percent after 10 years.

What are the signs and symptoms of cancer?

If you experience an itchy armpit along with other early cancer symptoms, contact your doctor immediately, according to doctors. They can examine you and perform tests, if necessary, to determine the cause of the itching.

The National Cancer Institute also recommends seeing a doctor if you have itching all over your body, especially if the itching interferes with your daily activities or doesn't go away even after two weeks.

Even if you suspect another cause, such as an infection or skin condition, it can still be helpful to contact your doctor. They may be able to suggest or prescribe medication to treat this concern.

How to prevent armpit itching

Doctors say there are several ways to prevent bacterial and fungal infections, including:

1. Keep skin cool and dry
2. Shower after exercise
3. Dry armpits thoroughly after bathing.
4. Wear a sleeveless tank top or loose t-shirt
5. Wear breathable and absorbent materials like cotton

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