



Athlete's Foot

Athlete's foot is a skin infection caused by fungus. A fungal infection may occur on any part of the body. On the foot it is called athlete's foot or tinea pedis. Fungus commonly attacks the feet because it thrives in a dark, moist warm environment such as a shoe.

Fungal infections are more common in warm weather when feet tend to sweat more profusely. Fungus thrives in damp areas such as swimming pools, showers and locker rooms. Athletes commonly have sweaty feet and use the facilities where fungus is commonly found, thus the term "athlete's foot."

Athlete's foot usually produces itchy, dry scaling skin. It is commonly seen on the soles of the feet and in between the toes. In advanced cases, inflammation, cracks and blisters may form. An infection caused by bacteria can also result. The fungus can also spread to other areas of the body, including toenails.

Avoiding walking barefoot combined with good foot hygiene can help reduce the spread of the fungus. Feet should be washed every day with soap and water and thoroughly dried, including between the toes. Feet should be kept as dry as possible. If your feet sweat a lot, you may need to change your socks during the day. Medications can be prescribed to decrease the excessive sweating as well. Anti-fungal powders, sprays and/or creams are often utilized to treat athlete's foot. If over-the-counter antifungal medications are not successful, prescription strength topical and occasionally oral medications such as Lamisil may be considered in stubborn or more severe cases. Your shoes should also be changed or treated since the fungus resides there as well. Our podiatrists will recommend the best treatment for you.



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