



ATHLETE'S FOOT

Causes:

Athlete's foot between the toes is caused by a group of fungi (FUN-guy) called dermatophytes (dur-MAT-oh-fights). These fungi like to grow in warm, damp places, and feet often provide the perfect place where they can thrive.

There are many ways to get the fungi. You can get athlete's foot between your toes by walking barefoot, wearing shoes that don't allow your feet to "breathe," or by touching the toes or feet of a person who has it. But since these fungi are everywhere in our environment, basically one must have a genetic susceptibility, and then, almost regardless of the above precautions, inevitably the fungus takes hold

Bothersome symptoms

Itching

Redness

Peeling

Discomfort

Tips for taking care of your feet

- Wash feet every day with soap and water and dry them well, especially between the toes. (Fungi love a warm, moist environment!)
- Don't walk barefoot in public areas -- wear flip-flops, sandals, or water shoes instead.
- When at home, take off shoes to let feet air out.
- Avoid wearing closed shoes (especially vinyl or rubber ones) that make your feet hot and sweaty -- particularly during the summer.
- Change your socks regularly. If your feet sweat often, change your socks each time they get wet.
- Never borrow or share shoes.
- Wear different shoes throughout the week to let shoes dry out.

Treatment: your doctor will prescribe for you a cream or gel designed to kill fungi

For Athlete's foot between the toes (interdigital tinea pedis) apply the medication to the affected areas and to approximately 1 inch of the immediate surrounding area(s) once or twice daily as directed.