



JULY 2016

Avoid The Shame of Having Athlete's Foot

Athlete's foot (tinea pedis) is a fungal infection that usually begins between the toes. It occurs most commonly in people whose feet have become very sweaty while wearing tight-fitting shoes. Athlete's foot is caused by the same type of fungus that causes ringworms. Damp socks and shoes, and warm humid conditions favor the organism's growth. Athlete's foot is contagious and can be spread by contact with an infected person from contact with contaminated surfaces, such as towels, floors, and shoes.



What causes Athlete's foot?

Athlete's foot occurs when the tinea fungus grows on the feet. You can catch the fungus through direct contact with an infected person or by touching surfaces contaminated with the fungus. The fungus thrives in warm, moist environments and is commonly found in showers, on locker room floors, and around swimming pools.



Who is at risk?

Anyone can get athlete's foot, but certain behaviors increase your risk. Factors that increase your risk of getting athlete's foot include:

- visiting public places barefoot, especially locker rooms, showers, and swimming pools
- sharing socks, shoes, or towels with an infected person
- wearing tight-fitting, closed-toe shoes
- keeping your feet wet for long periods of time
- having sweaty feet
- having a minor skin or nail injury on your foot

HAPPY

FOURTH OF JULY





Symptoms

There are many possible symptoms of athlete's foot. You may experience one or more of the following symptoms:

- itching, stinging, and burning between the toes
- itching, stinging, and burning on the soles of the feet
- blisters on the feet that itch
- cracking and peeling skin on the feet, most commonly between the toes and on the soles
- dry skin on the soles or sides of the feet
- raw skin on the feet
- discolored, thick, and crumbly toenails
- toenails that pull away from the nail bed

Treatments:

Athlete's foot can often be treated with over-the-counter (OTC) topical antifungal medications.

If OTC medications don't successfully treat the fungal infection, your doctor may prescribe topical or oral prescription-strength antifungal medications.

Your doctor may also recommend home treatments to help clear up the infection.

OTC Medications

Clarus Cream - Our office
miconazole (Desenex)
Terbinafine (Lamisil AT)
clotrimazole (Lotrimin AF)
butenafine (Lotrimin Ultra)
Tolnaftate (Tinactin)

Prescription Medications

Some of the prescription medications your doctor may prescribe for athlete's foot include:

topical, prescription-strength clotrimazole or miconazole
oral antifungal medications such as itraconazole (Sporanox),
fluconazole (Diflucan), or prescription-strength terbinafine
(Lamisil)
topical steroid medications to reduce painful inflammation

Oral antibiotics if bacterial infections develop due to raw skin and blisters

Think you have athlete's foot? Are you having any other problems with your feet?

Schedule an appointment and let us see what WE can do for YOU!