

Athlete's Foot

Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes.

The fungus most commonly attacks the feet because shoes create a warm, dark, and humid environment which encourages fungus growth.

The warmth and dampness of areas around swimming pools, showers, and locker rooms, are also breeding grounds for fungi. Because the infection was common among athletes who used these facilities frequently, the term "athlete's foot" became popular.

Not all fungus conditions are athlete's foot. Other conditions, such as disturbances of the sweat mechanism, reaction to dyes or adhesives in shoes, eczema, and psoriasis, also may mimic athlete's foot.

Symptoms

The signs of athlete's foot, singly or combined, are drying skin, itching scaling, inflammation, and blisters. Blisters often lead to cracking of the skin. When blisters break, small raw areas of tissue are exposed, causing pain and swelling. Itching and burning may increase as the infection spreads.

Athlete's foot may spread to the soles of the feet and to the toenails. It can be spread to other parts of the body, notably the groin and underarms, by those who scratch the infection and then touch themselves elsewhere.

The organisms causing athlete's foot may persist for long periods. Consequently, the infection may be spread by contaminated bed sheets or clothing to other parts of the body.

Prevention

It is not easy to prevent athlete's foot because it is usually contracted in dressing rooms, showers, and swimming pool locker rooms where bare feet come in contact with the fungus. However, you can do much to prevent infection by practicing good foot hygiene. Daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes and hose regularly to decrease moisture, help prevent the fungus from infecting the feet. Also helpful is daily use of a quality foot powder.

Often, Chronic conditions can come from NAIL fungus that reseeds your skin with fungus or shoes that have fungus in them. Even though you KILL it on your skin, you re-expose yourself. Make it a habit for chronics conditions to prevent the reoccurrence. Do the following more often when initially treating it with a cream then after infection clears, space out usage to prevent reoccurrence.

- Apply anti-fungal powder frequently during the week (Zeosorb AF OTC)
- Spray your shoes down with Lysol and air dry overnight (remove insoles if needed)
- Use an anti-perspirant spray (Right Guard type) or roll-on daily to feet to 'pucker up' sweat glands and reduce moisture.
- OTC but online 'On Your Toes' treatment works well at www.footodor.net.
- You can soak it when in acute phase with 'Dome-boro' soaks OTC.

If these remedies don't work, methods are available by prescription the further reduce sweat/kill fungus.

Normal
2005-A Jacobssen
(309) 807-0384

Pontiac
1512 W. Reynolds, Ste. A
(815) 842-6551
www.PmgPodiatry.com

Eureka
105 S. Major
(309) 467-2371