

Athlete's Foot

Athlete's foot, tinea pedis, is a very common fungal skin infection of the foot. It can appear between the toes. It can be a one-time occurrence or it can be chronic. The fungus, known as *Trichophyton rubrum*, thrives under warm, damp conditions so people whose feet sweat are more susceptible. Those people with immunosuppressive conditions, such as diabetes mellitus, are more susceptible to athlete's foot.

Signs and symptoms:

- Itching feet.
- White or red and soft scaling on feet.
- Small blisters may be present.

Treatment:

- Apply the Econazole cream twice daily to entire bottom of foot and between toes for 2 weeks.
- Oral antibiotics may be prescribed if you have a bacterial infection.
- Keep feet dry. Change socks twice a day if necessary and wear those made of wicking fibers, such as certain microfibers or wool. Dry thoroughly in between toes after swimming or bathing.
- Gold Bond Medicated powder is good to apply to feet daily. Helps keep them drier.
- Wear sandals or shower shoes in public showers and around pools.
- Keep in mind that it may take up to a month or more to get rid of your athlete's foot. Be diligent in using the antifungal medication.
- Call the office if your athlete's foot spreads or worsens despite treatment. We may need to use a prescription antiperspirant to decrease moisture levels.

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