

STEINBERG PODIATRY ASSOCIATES, P.A.

ATHLETES FOOT

What is Athlete's Foot?

Athlete's Foot, or Tinea Pedis, is a common occurrence caused by fungi which thrive on moisture. While it is usually not dangerous, it can turn the feet red or scaly and sometimes form small blisters which may itch. If left untreated, the fungus may spread to other parts of the body such as the nails where it is very difficult to treat.

Treatment

It is important to treat this condition early and completely. An over-the-counter product such as 'Lotrimin AF cream' or 'Lamisil AT cream' may be used to treat athlete's foot. You should apply the cream to the affected parts of your feet, usually the bottom and sides of the feet, morning and night for 4 weeks. If results are not achieved by 4 weeks, the medicine should be discontinued. Stronger prescription strength anti-fungal medications are used for fungi which are resistant to this treatment. The prescription strength has the advantage of usually being a once a day application. Oral medications are available by prescription for severe infections, which do not respond to topical treatment.

Things you can do to help your treatment be more successful:

- 1) Wash feet thoroughly with soap and water, especially between toes.
- 2) After showering, carefully dry your feet.
- 3) Keep shower drain clear, and tub clean.
- 4) Replace older shoes, disinfect (lysol) other shoes.
- 5) Wear cotton socks; avoid nylon.
- 6) Use anti-fungal/ deodorant or antipersperant powder in shoes.
- 7) Use topical anti-fungal cream for minimum of 3 weeks.