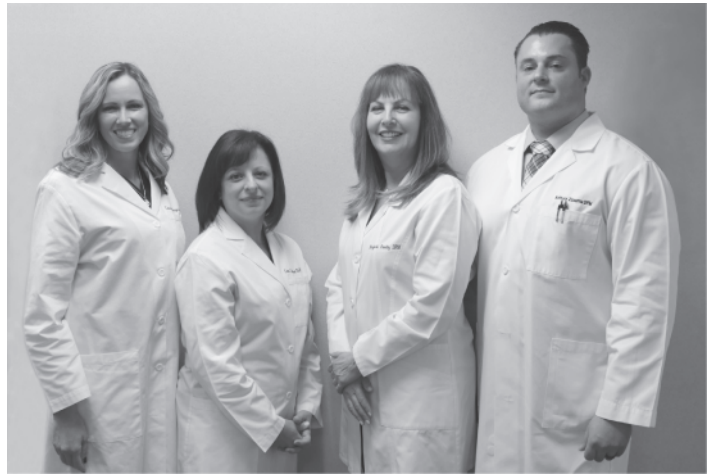


FOOTNOTES

*“Health Care Tips
On The Feet”*

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ATHLETE'S FOOT

Athlete's foot or tinea pedis is a skin infection caused by a fungus. It can occur between the toes or on the soles of the feet. It can be associated with blisters, itching, burning, cracking, oozing, excess moisture, scaling, and even a bad odor.

Wearing shoes creates an ideal environment for fungus to grow. It is dark, moist, and warm which promotes the growth of fungus. Some people have a predisposition to catching fungal infections. These fungal infections, if left untreated, can spread to skin on other areas of the body, or even to the nails causing an infection

called onychomycosis.

Prevention starts with good foot hygiene. Daily washing with soap and water and drying well, especially between the toes can help prevent the problem. Changing the socks and shoes several times a day and not wearing the same shoes daily is important if sweaty feet are the factor.

Treatment can start with over-the-counter antifungal medications but any skin condition that does not begin to respond within a week should be evaluated by a podiatric physician for a proper diagnosis and treatment.

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