

**Here at Simply Feet - we like to look at everything in a simple way!**

The Traffic Light symbol above indicates the way you should approach this condition. **Green means that you can treat this condition yourself if you feel comfortable doing so, however, for further reassurance it might be as well to talk the condition through with an HPC registered Podiatrist.**

So, let's approach your problem in a methodical and logical manner, so that you can gain some knowledge about your condition, and after reading a little about it, you can decide on the best course of action.

Remember this advice is for **guidance only** and if you are in any doubt at all, please consult your HPC Registered Podiatrist, Physiotherapist or your GP.

Athlete's Foot

What is it?

This is a term given to a fungal infection of the skin on your foot.

If left untreated it can spread to other parts of your foot including your nails.

It can spread to your hands, and even to your face.

It is easily passed from one person to another through contact with their infected skin.

Some Common Causes

- Walking barefoot and picking up the infection from another person - this can happen in communal places such as swimming pools and changing rooms in the gym, or even your bathroom floor.
- By using shared towels.
- Keeping your feet in warm, dark, moist and airless conditions (such as in training shoes) for a prolonged period of time. This gives the fungus the perfect conditions to grow.
- Also, strangely, it can be seen on dry skin. It's common in sandal wearers during the summer as the skin has dried and lost its natural protective oils and this combined with the stress on your foot from the wearing of sandals make your feet more prone to infection.

The Main Symptoms are:

- Itchy or burning feet. You will feel like "your feet are on fire".
- You may notice a red scaly rash.
- You may have particular problems between your 3rd, 4th and 5th toes.
- There may be a painful stinging sensation when you scratch the effected areas
- There will be peeling skin and possible cracking between your toes

Some suggested treatment programs

- Keep your feet dry – pad them with a towel - don't rub them.
- If the problem is occurring on your feet which are very dry already then rub in an anti-fungal cream using gloves to protect the spread of the infection to your hands.
- Pay attention to you're the way you look after your feet. Good hygiene is very important. Change your socks or hosiery regularly.
- Wash your feet with anti-bacterial soap.
- Apply anti-fungal cream, powder or spray to fight the fungal infection.
- Change the brand you are using if you don't get results after a few weeks.
- Keep up the treatment program, even if you think the infection is gone as the fungus causing the problem in the first place can still be there for a long time after the discomfort has disappeared.