

**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.

## Foot Odour

---

### What is it?

A common condition when your feet are excessively smelly all the time. Even though you may not have been walking or taking exercise. *Bromhidrosis* is the technical term for this condition.

### Some Common Causes

- Excessive sweating and moisture.
- The wetness then provides a great breeding ground for bacteria and yeast.
- When this starts to break down it produces the common feature of this problem – an unpleasant smell.
- Excessive anxiety.
- Various other common skin conditions.

### The Main Symptoms are:

- Very fetid foot odour.
- Moist and wet feet.
- You could also have the same wetness on your palms, under your arms and in your groin area.

### Some suggested treatment programs

- Shower regularly.
- Use foot creams, powders and sprays to keep your feet dry and conditioned.
- Change your footwear and socks often.
- Use a removable insole in your shoes, and replace it regularly.
- Wear sandals during warm weather.
- Don't continue to use smelly shoes – throw them out and put on a clean pair.
- Avoid enclosed footwear such as trainers and try and wear shoes and socks that allow the skin to "breathe", such as cotton socks, and leather shoes.