

# Athlete's Foot: Ways to Keep Your Feet Fungus-Free

While there are many skin conditions that can affect the feet, athlete's foot is one of the most common. Athlete's foot can be very painful and take away from a healthy, active lifestyle. However, it is relatively easy to cure, with the help of your podiatric physician.

Athlete's foot is a skin disease caused by a fungus, usually occurring between the toes. The fungus commonly attacks the feet because shoes create a warm, dark, and humid environment that encourages fungus growth.

The warmth and dampness of areas surrounding swimming pools, showers and locker rooms are also a likely place to get athlete's foot. With more people working out indoors, gym locker rooms are the primary breeding grounds for athlete's foot. The signs of athlete's foot are drying skin, itching, scaling, inflammation and blisters. Itching and burning may increase as the infection spreads. You can prevent athlete's foot by practicing good foot hygiene, including daily washing of the feet with soap and water; drying carefully, especially between the toes; and changing shoes and hose regularly to decrease moisture.

## Athlete's Foot Tips:

- Avoid walking barefoot; use shower shoes.
- Change shoes and socks daily.
- Reduce perspiration by using talcum powder.
- Wear light and airy shoes.
- Wear socks that keep feet dry, and change them frequently if you perspire heavily.
- Visit your podiatric physician as part of your annual health checkup.

If your athlete's foot doesn't respond to proper foot hygiene and self care, and there is no improvement within two weeks, consult your podiatrist. The podiatrist can determine a specific treatment plan, including the prescription of an antifungal medication.



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