



Athlete's Foot

Patient Information

WHAT IS ATHLETE'S FOOT?

Athlete's Foot, medically known as *Tinea Pedis*, is a common fungal infection, affecting the skin of the feet. Normally the fungi live harmlessly on the skin in small amounts. However, under the right conditions, especially in warm, moist, and poorly ventilated areas like between the toes—they can multiply and lead to infection. There are 4 types of Athletes foot :-

- **Interdigital:** Between the toes (most common)
- **Moccasin-type:** Affects the soles; causing dryness and scaling
- **Vesicular:** Blistering form (less common)
- **Ulcerative:** Severe form; includes open sores and bacterial infection

COMMON CAUSES

- **Warm, moist environments:** Sweaty feet, especially in tight shoes
- **Walking barefoot in public areas:** Pools, gyms, communal showers
- **Sharing towels or shoes**
- **Weakened immune system**
- **Existing skin injuries or conditions**
- **Wearing the same socks/shoes for extended periods**

SYMPTOMS

- Itchy, burning, or stinging sensation (especially between the toes)
- Red, cracked, or peeling skin
- Dry scaling on the soles and sides of feet
- Blisters (in some cases)
- Foul odour (due to secondary bacterial infection)

TREATMENT

- **Topical antifungals:** Over-the-counter (OTC) creams, sprays, powders (e.g., clotrimazole, terbinafine, miconazole)
- **Oral antifungals:** For severe or persistent infections
- **Keep feet dry and clean:** Change socks regularly, dry between toes
- **Antifungal foot powders or sprays:** Prevent recurrence
- **Disinfect shoes regularly**

PREVENTION

- Wear breathable footwear and moisture-wicking socks
- Avoid walking barefoot in public wet areas
- Dry feet thoroughly after bathing, especially between toes
- Don't share footwear or towels
- Use antifungal powder if prone to sweating