

## Tinea-Pedis (Athlete's Foot)

### What You Can Do About Athlete's Foot

Do not let the name fool you. Athlete's foot is a fungal infection that anyone can acquire. It is also the most common type of fungal infection. The name is a bit misleading, but this particular fungus lives in moist and warm environments, such as locker rooms and showers. It grows in moist places on your foot and is susceptible in between the toes. However, it can also affect other areas of your foot. Dr. Harvey Danciger, a specialist of the foot and ankle, treats and has success with Athlete's foot at his Palm Desert, CA office.

### What Causes Athlete's Foot?

Athlete's foot is also known as tinea pedis. It is from the same mold-like fungi, also known as dermatophytes, which create ringworm and jock itch. This type of fungi grows in moist and warm environments, such as shoes, in locker rooms and communal showers. It is contagious and can pass from direct contact, contaminated floors, towels and shoes.

### What Are the Symptoms of Athlete's Foot?

If you are experiencing Athlete's foot, there are a variety of symptoms that can happen. You may not experience all of them, but it is important to know which ones are creating problems. Dr. Danciger will need to know what your symptoms are in order to provide accurate treatment.

- Your toes or the soles of your feet may itch, sting or burn.
- Blisters that cause itching.
- Cracking or peeling skin in between your toes or on the soles of your feet.
- Extreme dry skin on the bottom of your feet or soles.
- Toenails become crumbly, thick or discolored. This is a fungal infection of the toenails, which can occur with Athlete's foot.

### How Does Dr. Danciger Treat Athlete's Foot?

Dr. Danciger will examine your feet and may need a sample from the area affected. After diagnosing your condition, he will decide on a treatment plan. Common treatment options for Athlete's foot include topical and oral medications.

### How Can You Prevent Athlete's Foot?

Keeping your feet clean and dry is your first step in prevention of Athlete's foot, but there is more you can do. Below are some suggestions from Dr. Danciger, which include:

- Do not walk barefoot in public places.
- Change socks and shoes regularly, especially if you sweat a lot.
- Clean and dry your feet every day. Do not forget to dry between your toes.
- Never share shoes or socks with anyone.

Athlete's foot can spread if not treated properly. If you are struggling with symptoms of Athlete's foot, it is important to act now! Dr. Danciger can identify the infection and work with you to create a treatment plan. To set up an appointment at his Palm Desert office, call (760) 568-0108. For more information about keeping your feet healthy, visit Dr. Danciger's website homepage and click on the CD titled *Dr. Danciger Discusses Foot Health*. You can request a complimentary copy of his CD online.