

Athlete's Foot

What is athlete's foot?

Athlete's foot, also known as tinea pedis, is a fungal infection of the foot that causes itching and burning, peeling, redness, and sometimes even blisters or sores. Athlete's foot is a very common infection that grows best in warm moist environments such as in shoes and socks, swimming pools, locker rooms, and the floors of public showers.

What causes athlete's foot?

Athlete's foot is caused by a microscopic fungus that lives on dead tissue of the hair, toenails, and outer layers of the skin.

What are the types of athlete's foot?

Interdigital – considered the most common form of athlete's foot. It is also known as toe web infection. It usually occurs between the two smallest toes. This type of athlete's foot can cause itching, burning, and scaling of the feet, with the possibility of the infection spreading to the sole of the foot.

Moccasin – A moccasin infection can begin with minor irritation, dryness, and itching. The infection can develop to cause the skin to thicken and crack. This infection can eventually involve the entire sole of the foot and extend onto the sides of the foot.

Vesicular – This is the least common form of athlete's foot. The onset of this infection usually begins as a sudden outbreak of fluid-filled blisters under the skin. These blisters most commonly develop on the underside of the foot, however, they also can develop between the toes, on the heel, or on the top of the foot.

How is athlete's foot treated?

Athlete's foot is treated with a topical antifungal medication. More severe cases may require an oral medication. The feet must also be kept dry and clean.

How is athlete's foot prevented?

Athlete's foot can best be prevented by wearing shower sandals in wet public areas like showers, wearing shoes that allow the feet to breathe, and washing your feet daily with soap and water.