

ATHLETES FOOT

(Tinea Pedis, Ringworm of the Feet)



BASIC INFORMATION

A common, contagious fungal (tinea) infection of the skin on the feet. It often affects the soles and skin between toes (often the fourth and fifth toes). It usually affects teens and adults (rare in young children).

FREQUENT SIGNS AND SYMPTOMS

- Moist, soft, gray-white or red scales on feet, especially between toes.
- Dead skin between toes.
- Itching in inflamed areas.
- Damp, musty foot odor.
- Small blisters on the feet (sometimes).



CAUSES

Infection by a Trichophyton fungus. The germs can be spread by direct contact with an infected person or by contact with the germs on shoes, socks, shower, or pool surfaces. Animals can also carry the germs and infect a human.

RISK INCREASES WITH

- Infrequent washing of the feet.
- Infrequent changes of shoes or socks.
- Use of locker rooms and public showers.
- Hot, humid weather.
- People who have immune system problems due to illness or medications.
- Persistent moisture around the feet.

PREVENTIVE MEASURES

- Bathe feet daily. Dry completely between the toes and apply drying or dusting powder.
- Wear rubber thongs or wooden sandals in public showers.
- Go barefoot when possible.
- Change socks daily and wear socks made of cotton, wool, or other natural, absorbent fibers. Avoid synthetics.

EXPECTED OUTCOMES

Usually curable within 3 weeks with treatment, but recurrence is common.

POSSIBLE COMPLICATIONS

- A bacterial infection may develop in the affected area.
- A skin rash can sometimes develop on the hands and face (rare).



DIAGNOSIS & TREATMENT GENERAL MEASURES

- After soaking or bathing, carefully remove scales and material between the toes daily.
- Use a hair dryer to blow warm air on the feet to make sure they are completely dry.
- Keep affected areas cool and dry. Go barefoot or wear sandals during treatment. If socks are worn, keep them dry. If they get wet, change to dry ones.
- See your doctor if the symptoms are severe. Your health care provider can usually diagnose athlete's foot by looking at the affected skin area. Other skin tests may be done to rule out other skin disorders.

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MEDICATIONS

- Use nonprescription antifungal powders, creams, or ointments after each bath.
- For severe cases, you may be prescribed oral, or stronger topical, antifungal drugs.

ACTIVITY

No restrictions. Avoid activities that cause feet to sweat until healing is complete.

DIET

No special diet.



NOTIFY OUR OFFICE IF

- You or a family member has symptoms of athlete's foot that persist, despite self-treatment.
- You develop a fever or the infection seems to be spreading.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.
- You have any other questions or concerns, call Canadian Medical Care (+420) 235 360 133, CMC in The Park (+420) 272 913 593, or after hours (+420) 724 300 303.

SOURCE

- Moore, Stephen. Griffith's Instructions for Patients, 7th Edition. Elsevier: 2005.

Updated and reviewed by: L. Burgon, March 2006