

## Athlete's Foot

### WHAT IT IS

- Flaky, dry, cracked, itchy skin. Smelly feet sometimes appear red, moist or with blisters.

### WHAT CAUSES IT

- Shoes can create a warm, dark and humid environment that encourages fungal growth.
- Can be contracted in dressing rooms, locker room showers, hotel rooms, and swimming pool locker rooms.

### HOW TO PREVENT IT

- Inspect the skin on feet everyday and be aware of changes or unusual growths.
- Keep shoes and socks dry as a preventative measure.
- Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, especially between the toes.
- Change shoes regularly.
- Wear wicking acrylic socks.
- Moisturize skin with over-the-counter topical medications, like Lotrimin AF, but avoid between the toes.
- Wear flip-flops in public showers.
- Read the label on over-the-counter products carefully to avoid serious complications.
- Rinse feet and change socks or panty hose midday. Be sure to dry between toes.

## Blisters

- Painful, fluid filled lesions

- Ill-fitting shoes
- Stiff shoes
- Wrinkled socks against the skin
- Excessive Moisture
- Foot deformities

- Keep feet dry.
- Always wear socks as a cushion between your feet and shoes.
- Wear properly fitting shoes.
- Do not pop a blister. Carefully open a corner of the blister closest to the bottom of the foot with a sterilized utensil like a sewing needle, drain, apply antibiotic cream and cover with a bandage immediately.
- Treat a mild blister with soap and water; cover it with an antiseptic ointment and protective dressing.
- Check blister regularly to ensure it doesn't get infected. Remove the blister surface if needed.
- Use padding, such as moleskin to reduce friction.

## Calluses or Corns

- Painful thickening and build up of skin that forms at points of pressure, over bony prominences, or on the bottom of foot



- Repeated friction and pressure from skin rubbing against bony areas or against an irregularity in a shoe
- Heredity
- Tight stockings
- Tendon imbalance

- Wear supportive shoes with a wide toe box and a low heel.
- Use over-the-counter creams, but avoid medicated callus/corn remover pads.
- Read the label on any over-the-counter products thoroughly to avoid serious complications.
- If you do not have diabetes, soak feet in warm water, and use a pumice stone or file to treat.
- Ask a podiatrist for products such as Pedinol's Ureacin-20 Cream and AmLactin Moisturizing Lotion.
- Avoid tight-fitting shoes, socks and hosiery.
- Wear supportive shoes with a roomy toe box.
- Do not use heating devices on feet; instead soak in cool water and ice.

## WHAT IT IS

## WHAT CAUSES IT

## HOW TO PREVENT IT

### Foot Odor

#### Bromhidrosis (a.k.a. Foot Odor)

- Sweaty, smelly feet that do not itch or appear to have a rash.
- Increase of perspiration from the more than 250,000 sweat glands in the foot as a result of increased body temperature.

- Closed shoes aggravate sweaty feet and set up the perfect environment for bacteria to grow, leading to more odor and more sweat.
- Increased bacterial count on the skin.

- Rub cornstarch or spray antiperspirant directly on the soles of the feet and spray Lysol into shoes.
- Keep shoes and socks dry as a preventative measure.
- Practice good foot hygiene, including daily washing of the feet with soap and water; drying feet carefully, especially between the toes.
- Change shoes regularly.
- Wear socks that wick away moisture.

### Fungal Nails

Nine percent of men and women have suffered from nail problems.

- Thickened, discolored, loose, or deformed toenail
- Result of trauma to toenail



- Could be an indication of other medical conditions such as diabetes, arthritis, cancer, and psoriasis
- Often, the infection starts in the skin as athlete's foot, which may spread to the nails.
- Shoes and socks create a warm, dark, and humid environment which encourages fungal growth.
- Heredity

- Keep shoes and socks dry as a preventative measure.
- Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, especially between the toes.
- Change shoes regularly.
- Wear acrylic or cotton socks.
- Inspect toenails and trim them straight across on a regular basis.
- Do not use nail polish to cover discoloration.

Podiatrists can prescribe:

- Novanail by Hathor Rx, a colored nail lacquer that you paint onto your infected nails to start treating the nail fungus at its source.
- Keralac Gel, a clear, odorless, quick-drying gel that treats thickened nails from conditions such as psoriasis and nail fungal infections by penetrating the nail's surface.

### Warts

- Painful thickening of the skin
- The development of a hard and flat, elevated surface most often on the sole of the foot



- A virus causes warts, which typically invades the skin through small cuts and abrasions.

- Avoid walking barefoot.
- Change shoes daily.
- Keep feet clean and dry.
- Avoid home treatments.
- Do not dig out warts, see a podiatrist for treatment.
- A podiatrist can treat warts using laser treatments or Duofilm, a liquid salicylic acid wart remover.