



Capital District Podiatry, PLLC
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CapitalDistrictPodiatry.com



Athlete's Foot Isn't Only for Athletes!

Whereas those who participate in sports or exercise often might have a higher risk for athlete's foot, this is a very common condition. So why does it happen? Well, it's a fungal infection (**tinea pedis**), and, as you know, "there's a fungus among us!"

That saying is completely true and fungus is, unfortunately, all around. Fungal spores can also be very small – so small, in fact, certain ones can only be seen with a microscope. In addition to being common and tiny, fungus doesn't need light and thrives in damp, warm environments. If you think about it, that is exactly like a foot encased in a sock and shoe, especially on a hot day or during an intense workout.

Fungal spores travel easily, so you may still contract a **fungal infection** even if you aren't going into gyms or locker rooms where the fungus is often found.

What Are the Symptoms of Athlete's Foot?

The various warning signs of tinea pedis may either be experienced individually or as a combination of symptoms. These often include:

- Burning, itching sensations that become increasingly intense as the infection spreads
- A red, scaly rash that often accompanies dry skin
- Inflammation, blisters, and foot ulcers

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An Ounce of Prevention...

There's a well-known saying that "an ounce of prevention is worth a pound of cure." Now, you know you can come see us at Capital District Podiatry when you need treatment for a foot or ankle problem, but we'll bet you'd rather prevent one from happening in the first place. We don't blame you!

When it comes to athlete's foot, there are measures you can take to **prevent the problem**, including:

- Spraying the insides of your athletic shoes with antifungal powder.
- Wearing clean sandals or shower shoes when you walk on pool decks and in locker rooms and public showering areas.
- Choosing shoes constructed from materials that enable the foot to breathe and stay cool.
- Wearing moisture-wicking socks.
- Changing out of damp socks and shoes as soon as possible.
- Rotating between two different pairs of shoes (to allow each pair 24 hours to dry out completely between usages).

No Tricks, Just Treating Athlete's Foot

Over-the-counter, antifungal sprays, powders, and lotions tend to be quite effective when it comes to **treating mild cases of this infection**. The containers for these products will often specify an appropriate amount of time to see results, but if your condition is not improving you should schedule an appointment with Capital District Podiatry.

We can provide stronger treatment—which may entail oral antifungal pills or topical medication to clear up the infection—for cases that are more severe and not treated with off-the-shelf products.



Your Source for Professional Foot Care

No matter if you need to request an appointment or would simply like more information, we're here to help! Just call us at (518) 273-0053.

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