



Capital District Podiatry, PLLC
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CapitalDistrictPodiatry.com



Athlete's Foot: Not Just for Athletes!

Sure, athletes and individuals who exercise on a regular basis might have a higher risk for athlete's foot, but this is a highly common condition—**one that affects nonathletes just as much as those who tend to be more physically active.**

So why is this such a common foot problem?

You know how we say "there's a fungus among us"? Well, athlete's foot is actual a fungal infection (tinea pedis).

The responsible fungal spores are microscopic—which is why you can't see them (even though there are so many around you)—and travel easily. If that isn't enough, **virtually any kind of fungus** is going to thrive in a damp, warm environment.

Combine the fact that feet can produce almost half a pint of sweat every day with your natural body heat, and it's pretty easy to see why this particular fungal infection is rather commonplace.

Please feel free to check out this comprehensive blog post on athlete's foot!

What Are the Symptoms of Athlete's Foot?

To properly treat any problem, you need to know that you have one in the first place—and this is no exception!

In this case, the **various signs and symptoms** include:

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

It's important to note that these may be experienced either individually or as a combination of symptoms.

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No Tricks, Just Treating Athlete's Foot

Speaking of spotting symptoms...

With regards to athlete's foot treatment, you might be able to find relief and eradicate the fungal infection with over-the-counter antifungal sprays, powders, or lotions—which you can find at most stores and pharmacy chains.

If you are attempting to resolve the issue on your own, you need to follow the directions listed on the product's label. When you do, you'll likely see an appropriate timeframe for improvement. In the event you've been following the listed instructions—but still aren't finding relief—it's time to **come see us here at Capital District Podiatry for professional treatment!**

We can help by prescribing stronger medication (oral or topical) for severe cases that aren't being treated adequately with off-the-shelf products.

An Ounce of Prevention...

Athlete's foot tends to be fairly treatable, but we're inclined to think you'd rather just not have a problem in the first place—and especially not one that can cause so much irritation and frustration!

Fortunately, there are an array of measures you can take to lower your risk for contracting this common fungal infection. These include:

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

We hope you have a happy, fungi-free fall season! If you need anything with regards to foot care, just give us a call at (518) 273-0053—or connect with us online—to find the professional care you need!

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