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**ATHLETE'S FOOT (TINEA PEDIS)?**



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**PATIENT INFORMATION**



## What is athlete's foot?

Athlete's foot is a rash on the skin of the foot. It is caused by a fungus that grows on or in the top layer of skin. Fungi (plural of fungus) grow best in warm, wet places, such as the area between the toes.

Athlete's foot spreads easily. You can get it by touching the toes or feet of a person who has it. But most often, people get it by walking barefoot on contaminated surfaces near swimming pools or in locker rooms. The fungi then grow in your shoes, especially if your shoes are so tight that air cannot move around your feet.

## What are the symptoms?

The most common symptom is cracked, flaking, peeling skin between the toes or side of the foot. **Moccasin type infection** may start with a little soreness on your foot. Then the skin on the bottom or heel of your foot can become thick and crack. In bad cases, the toenails get infected and can thicken, crumble, and even fall out. Fungal infection in toenails needs separate treatment.

## Other symptoms can include:

- Red and itchy skin
- Burning or stinging pain
- Blisters that ooze or get crusty

## Tinea Pedis



## Treatment

Your physician will prescribe or dispense an appropriate topical antifungal product such as CLARUS Antifungal Cream. Please follow your physician's directions and complete the course of treatment.



## Prevention

To prevent athlete's foot, follow these measures:

- Dry your feet thoroughly after bathing or swimming.
- Change your socks often to keep your feet dry. This should be done at least once a day.
- Use antifungal creams to prevent athlete's foot if you are susceptible to getting it, or you frequent areas where athlete's foot fungus is common (like public showers).
- Wear shoes that are well ventilated and, preferably, made of natural material such as leather. It may help to alternate shoes each day, so they can dry completely between wearings. Avoid plastic-lined shoes.