

Athlete's Foot (Tinea Pedis)

Explanation of Diagnosis

Athlete's foot is a **fungal skin infection** that affects the feet, especially between the toes. It thrives in **warm, moist environments** such as sweaty socks, locker rooms, and damp shoes. Symptoms include **itching, burning, peeling, redness, and cracked skin**. In severe cases, blisters or secondary bacterial infections may develop.

Specific Work Modifications

- **Wear breathable, moisture-wicking socks** to keep feet dry.
- **Choose ventilated shoes** and avoid wearing the same pair two days in a row.
- **Avoid walking barefoot in communal areas** (e.g., locker rooms, public showers).
- **Use antifungal foot powder** inside shoes if working in hot environments.

Specific Activity Modifications

- **Avoid tight-fitting, non-breathable footwear** during sports or workouts.
- **Wear sandals in public showers, pools, or locker rooms** to prevent fungal spread.
- **Change socks immediately after exercise** to keep feet dry.
- **Use antifungal sprays or powders** in shoes after activities.

Recommended Supplements

- **Probiotics (10-20 billion CFU daily)** - Supports immune function to fight fungal infections.
- **Vitamin C (500 mg daily)** - Boosts skin healing and immune response.
- **Zinc (30 mg daily)** - Supports skin repair and reduces fungal growth.
- **Garlic extract (600 mg daily)** - Contains antifungal properties.
- **Omega-3 fatty acids (1000 mg daily)** - Helps reduce skin inflammation.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Antifungal foods:** Garlic, coconut oil, apple cider vinegar, and oregano.
- **Immune-boosting foods:** Citrus fruits, leafy greens, yogurt (probiotics).
- **Limit sugar and refined carbohydrates**, as fungi thrive on excess sugar.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to support skin health.

- **Limit sugary drinks and alcohol**, which can weaken the immune system.

Home Treatment & Prevention

Perform **daily foot care** to clear the infection and prevent recurrence:

1. Wash and Dry Feet Thoroughly

- Use **antifungal soap** and **completely dry** between the toes after washing.

2. Apply Antifungal Cream or Powder

- Use **clotrimazole 1% or terbinafine 1%** cream **twice daily** for 2-4 weeks.
- For severe cases, an **oral antifungal (fluconazole or terbinafine)** may be needed.

3. Wear Clean, Breathable Socks

- Change socks **at least once daily** (more if sweating).
- Opt for **moisture-wicking materials** like merino wool or synthetic blends.

4. Disinfect Shoes & Avoid Contamination

- Use **antifungal spray or powder** inside shoes.
- Rotate shoes daily to allow them to air out.

5. Soak Feet in an Antifungal Solution (Optional)

- Mix **1 part vinegar to 3 parts water** and soak feet for **10 minutes daily**.

Helpful Books

1. *"The Athlete's Foot Handbook: A Simple Guide to Prevention & Treatment"* - James Harper
2. *"The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms & Lichens"* - Robert Rogers

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.