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Athleteâ€™s Foot Treatment: Understanding fungal infections and how to treat them by Maria Bantellis

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Often beginning as a rash, Athleteâ€™s Foot appears in the spaces between your fourth and fifth toes, which can â€“ if left untreated â€“ spread to the bottom sides of your feet and around the toenails.

Athleteâ€™s foot symptoms include dry, flaky, scaly and cracked skin, blisters, swelling and a burning or stinging sensation, most commonly if the infection is left untreated.

Athleteâ€™s Foot

It is a common misperception that it is only athletes who can suffer from Athleteâ€™s Foot. This is not necessarily true, but Athleteâ€™s Foot is so called because the fungus that causes the infection is often found in areas where athletes reside; swimming pools, public showers, and locker rooms. People walk barefoot on these surfaces transferring the fungus onto their feet.

Fungus

We all have bacteria and fungi present on not only our skin, but also inside our bodies â€“ these bacteria and fungi can be both good and bad â€“ but most are harmless until conditions change.

In the case of Athleteâ€™s Foot, it is commonly caused by a particular group of fungi called dermatophytes. Your feet provide the ideal living conditions for these fungi to live and grow; warm, dark and humid â€“ thus being found in areas such as swimming pools and locker rooms.

Dermatophytes cause infections in areas such as the nails, outer layers of the skin, scalp and hair. The main groups of fungi that cause fungal infections are:

â€¢ Dermatophytes (tinea)

â€¢ Yeasts (candida)

â€¢ Moulds

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Maria Bantellis - About Author:
About the Author: Maria Bantellis is a health writer on fungal conditions covering topics such as a Athleteâ€™s Foot symptoms

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