



Common Fungal Problems

Fungal problems seen most often are athlete's foot and fungal nails. A fungus is a common mold that thrives in warm, dark, moist areas. It can grow on and between toes, as well as on soles and toenails. Fungal problems can be a result of environment (socks, shoes, heat, and humidity) or weakened immunity (diseases such as diabetes). Chronic fungal infections are most common in adults, while acute fungal infections are seen more often in children.

Athlete's Foot

A chronic infection caused by various types of fungus, athlete's foot is often spread in places where people go barefoot, such as public showers or swimming pools. The condition ranges from mild scaling and itching to painful inflammation and blisters. It usually starts between the toes or on the arch and may spread to the bottom and sides of the foot.

Fungal Nails

When a fungal infection progresses, it may infect one or more nails, turning them yellow, green, black or other colors. Fungal nail infections can cause nail thickening, inflammation, or sensitivity. Since fungal nails are usually more resistant and more difficult to treat than athlete's foot, topical or oral anti-fungal medications may be prescribed. Permanent nail removal is another possible form of treatment for fungal nails.

**Shoes made of synthetics such as plastic allow fungus to breed by trapping heat and moisture around your feet.

If you need help managing one of these types of conditions, contact us and schedule an appointment.

