Athlete’s Foot
Ringworm of the feet

Athlete’s Foot (Ringworm of the feet)
Sweaty feet, swimming pools, shared exercise mats, and well-trafficked locker rooms are a breeding ground for ringworm, a fungal infection that grows in moist, warm environments. (Despite its name, ringworm does not come from a worm. When it was discovered some 200 years ago, researchers mistakenly thought it came from a worm).

Ringworm of the feet is commonly known as athlete’s foot. Irritating symptoms include a burning and itching sensation on the feet, cracked skin between the toes and redness, scaling or dryness on the soles of the feet. Athlete’s foot is also associated with toenail fungus (yellowing, thickened nails that break easily).

Treat Athlete’s Foot
Treatments are highly effective and focus on prescription anti-fungal creams and stronger oral medications for more severe cases. Oral medications may be required for more serious infections.

Infections may come back, requiring repeated or stronger treatment.

Prevent Athlete’s Foot
A number of measures will stave off athlete’s foot:

- Rule number 1: Never go barefoot around the pool, in the gym or locker room/shower area
- Shower immediately after working out, and always wear flip flops
- Keep your feet clean, dry, and cool. Try foot powder before working out and after showering can help; and wear clean, moisture-wicking socks
- Keep your toenails clean and clipped short

Launder your workout clothes after each use and keep you gym bag clean.

Find more information about Ringworm.