If you discover any problems with your feet, contact your Podiatry Department or GP immediately. If they are not available, go to your nearest accident and emergency department. Remember, any delay in getting advice or treatment when you have a problem

South Warwickshire **NHS** 

**NHS Foundation Trust** 

**Podiatry Department** 

**Podiatry Single Point of Access** 

Telephone: 01926 600810

Lines open 9am to 4pm Monday to Friday

E- mail: podiatryreferrals@swft.nhs.uk

Name:

NHS No:

Athlete's Foot

advice leaflet

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#### **Equality Statement**

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital

can lead to more serious problems.	
Individual advice	

**PALS** 

You can contact the service by the direct telephone line on 01926 600 054 by email: Pals@swft.nhs.uk or by calling in

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# A quick guide to Athlete's Foot

### What you need to know

This leaflet explains the condition and what you can do to avoid developing it.

### What is Athlete's Foot?

Athlete's foot is a fungal infection. Fungi often sit on the skin but in warm, moist conditions can multiply and cause a problem.

### What does it Look Like?

The appearance may alter depending on whether it is: Itchy, Moist, Peeling, Itchy, Dry, Blistering, Itchy, Flaky.

## What Causes Athlete's Foot?

The fungus (tinea pedis) can be transferred to the skin wherever people go barefoot, e.g. swimming pools, changing rooms, the bathroom at home.

### **Treatment**

Athlete's Foot can be treated by an antifungal cream. These can either kill the fungus or slow its growth (e.g. Lamisil, Daktarin, Canesten).

### Seek pharmacists advice

Always ask for advice from your pharmacist.. As a health care professional they are able to offer good advice about choosing the right type of antifungal treatment that you require.

Follow the instructions in the box to ensure the cream works effectively and does not interact with any existing medications being taken.

If the antifungal cream does not work, you might needs to have tablets prescribed by the Doctor

### **Footwear**

- •Wearing leather shoes allows moisture to evaporate, reducing the moistness that fungus thrives in.
- Alternate between two or three pairs of shoes allowing them 24 hours to dry out between wear.
- Don't share towels, socks or shoes with someone who may have athlete's foot.

### **How Can I Stop it Coming Back?**

- Continue using the antifungal cream for a week or two after the rash has disappeared to prevent any residual fungus from re-infecting your skin.
- Dry feet thoroughly after washing them, especially between toes.
- Change socks regularly and wear natural fibre socks to reduce the amount your feet will sweat.