

Further information

Podiatry Service
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Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

Compliments, Comments, and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on freephone **0800 7834839** or email: elft.palsandcomplaints@nhs.net

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

If you wish to make a complaint, you can call freephone **0800 085 8354**

or email: elft.complaints@nhs.net

or write to:
FREEPOST RTXT-HJLG-XEBE
Complaints Department,
The Green,
1 Roger Dowley Court.
Russia Lane,
London E2 9NJ

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**Bedfordshire
Community Health Services**

Athlete's Foot

Podiatry Services



What is Athlete's Foot?

Athlete's foot is the common name used to describe an infection caused by a type of fungus.

What are the Causes?

The fungal organism causing the infection is called a dermatophyte.

- The fungus thrives in warm, moist environments.
- The heat and moisture in communal changing and showering areas is a common source of infection.
- Similarly, the warm, moist atmosphere in shoes encourages the infection to develop.
- The fungus survives by eating the protein, which makes up the skin of the foot.
- Often, the infection develops from an infected toenail, which acts as a reservoir, fuelling the problem.



Signs and symptoms

Different types of dermatophyte produce differing types of infection.

- Some produce a very dry, red and scaly or cracked type of skin infection.
- Some produce an itchy rash with small blisters.
- Some produce blisters that discharge a form of pus.
- Some infections between the toes look like very soggy, white skin.
- The extent of the infection can vary from a single infected toe to an infection involving the whole of the sole of the foot. This is called the moccasin style infection.

How can I Prevent It?

- Change your socks daily.
- Dry your feet thoroughly each time you wash them, particularly between the toes.
- Wear cotton socks and shoes made from natural materials, which allow your skin to 'breathe'.

Treatment Options

- The infection is unlikely to go away on its own. Unfortunately, the infection is difficult to treat and often reoccurs.
- The starting point for most infections is to use preparations from the chemist that can be applied directly onto the skin.
- When you wash your feet, keep a towel for your own use.
- Wash your socks and hosiery in a wash at 65 to remove the fungal spores.
- Antifungal creams can be used for general skin infections. You need to use them for several weeks after the skin has cleared.
- Alcohol based antifungal sprays can be used for infections between the toes, as creams would make the skin too soggy.