

# Tinea Pedis

## What is it?

Commonly known as Athlete's foot.

Caused by fungus.

Found in warm, moist environments such as sweaty socks and shoes.

Chronic & recurrent infections are common.

## Symptoms

Intense itching

Cracked, blistered or peeling areas- especially between the toes

Redness & scaling of sole

## Prevention

Keep feet clean and dry.

Wash feet thoroughly.

Dry well, especially between the toes.

Put on clean socks daily.

Choose cotton socks to absorb sweat.

Do not go barefoot.

Do not soak feet, as this can spread the infection.



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1900 N. Amidon  
Suite 210  
Wichita, Kansas

(316) 260-4110