

How did I get this fungus infection?

Picking up a foot fungus or nail fungus can be perplexing. If we have sweaty feet or work out in a gym, the answer is obvious. But the root cause can be more insidious.

If we notice the skin start peeling or itch and burn, then part of the treatment would be to think back on when we could have caught the fungus.

Perhaps a visit to a hotel or a gym could have opened up the bare feet to fungus, especially on a wet surface. The carpet in a room occupied by 350 people a year could very well harbor organisms.

Exposing the feet to a stagnant wet area for a prolonged period would give one “trench foot.” The macerated or waterlogged skin would be susceptible to fungus or bacteria, especially if the same shoes are worn afterwards.

Intimate contact of the feet with someone with fungus toes (onychomycosis) or athlete’s feet (tinea pedis) would transfer the fungus (hyphae) to one’s feet as by a whirlpool or even playing footsies.

After jogging or walking at home or on vacation, the shoes and socks should be dried before putting them on again, allowing the moisture to linger invites mold and fungus and even Pseudomonas.

Precautions include being aware of your surroundings. Do people have signs of skin or nail fungus? Do you wear thongs or slippers in public places?

Dry tennis shoes and only wear clean white socks when working out. To help drying, remove the insoles overnight. Apply a drying agent like a powder, even the drying packets that come with packaged electronic equipment helps if placed in the shoes, then removed before putting the shoes on (be careful of allergic agents.)

Do not keep feet immersed in stagnant water, such as a basement leak without rubber boots. Never, ever put shoes or socks back on that are still wet. Wash and dry feet and apply an anti-fungal agent after exposure.

And see you podiatrist if symptoms of itching, burning, peeling skin or odor develop.