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FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to brendan@atlanticfeet.com

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ATHLETES FOOT FOLLIES!

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Athletes foot is a common problem caused by a fungus infection of the skin. The name tends to be a source of confusion, it's not just athletes and weekend warriors who get athletes foot. The foot is at high risk for fungus infections; wearing socks and shoes tends to create a dark, moist, warm environment where fungus loves to grow. The infection is contagious and can be contracted from any number of places, but the prime suspects are usually nail salons, gym locker rooms, swimming pools or sharing a shower with a family member who has the infection. People with a weak immune system, such as those with diabetes, tend to be much higher risk for the problem.

Another source of confusion is that many patients do not recognize a rash on their foot as athletes foot because the infection may take on several different appearances:



- A white, peeling rash with a bad smell around the spaces in between the toes, most commonly between the fourth and fifth toes.
- A red, scaling rash to the bottom and sides of the foot may also be an athletes foot infection.
- The classic symptom of itching is frequently, but not always present.

A skin shave specimen may be a good idea to rule out athletes foot from other common rashes of the foot, such as eczema and psoriasis.

The initial treatment of athletes foot is geared toward making the environment less friendly for fungus to grow. This means wearing well ventilated or open toed shoes, changing socks regularly and applying Gold Bond or talcum powder after showers. Soaking the foot in a drying solution such as Epsom salts solution may be helpful. An over the counter antifungal, such as lamisil or lotrimin may be effective. A good rule of thumb is if all of the above are attempted for two weeks and you don't see any improvement, a trip to the doctor is the next smart move.

Athletes foot should never be ignored because the infection may spread to the nails, leading to thick, discolored and potentially painful nail deformities. If you or a loved one suspects an athletes foot infection see your local podiatrist, they can help you get back to living a happy, healthy and itch free life.

Happy Cinco De Mayo!

1. Cinco de Mayo IS NOT Mexico's Independence Day. That date is September 16th.
2. Cinco de Mayo IS a celebration of the Battle of Puebla. The holiday commemorates the Mexican Army's 1862 victory over France during the Franco-Mexican War (1861-1867).
3. Cinco de Mayo IS a celebration of underdogs.
4. Cinco de Mayo IS NOT really a big deal in Mexico. With all of the fuss around May 5th here in the U.S., you would think it was the biggest holiday in Mexico — but that's not the case.
5. Cinco de Mayo IS a holiday for everyone to celebrate! With these starter supplies it will be easy to host a Cinco de Mayo party!



Join the **Atlantic Foot and Ankle Specialist's Run Team** for the Low Country Roots, Rock, and Reggae 5K.



The Lowcountry Roots, Rock & Reggae Run is a unique and colorful twilight run through Hilton Head Lakes in Hardeeville.

The Inaugural event will be held on May 11th (5pm) in honor of Bob Marley who died on that day in 1981. The colorful Post Race Sunsplash Party & Award Ceremony is a celebration of Bob featuring live reggae music, refreshments, a Bob Marley look a like contest and more.

Our run team will be there so be sure to look for our blue run team shirts to find us!

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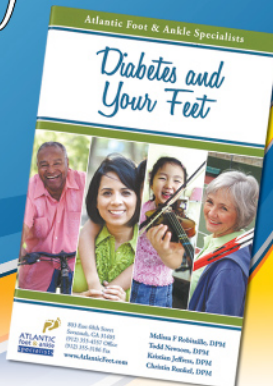
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