

FUNGAL INFECTION

DIABETES INFORMATION
AND ADVICE LEAFLET



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FUNGAL INFECTIONS are caused by microscopic organisms called fungi that thrive in warm, moist & dark environments. The inside of your shoe is a good example of the perfect environment.

Fungal infections can affect any part of the skin, including in-between the toes and toenails.

People with diabetes are more prone to fungal infections of the foot and these should not be ignored.

SIGNS AND SYMPTOMS

IN-BETWEEN THE TOES:

White and rubbery or red and flaky.

TOENAIL:

Thickened, discolored and flaky.

SOLES OF THE FEET:

Scaly rash with small blisters, usually causes itching, stinging or burning.

DIAGNOSIS

Fungal infection of the foot can easily be diagnosed by visual inspection of the skin and taking a patient's history.

If the Podiatrist is unsure of the diagnosis or past treatment has failed, nail clippings & skin scrapings can confirm diagnosis and aid treatment.

TREATMENT

Treatment will differ depending on the type of fungal infection but will involve using an antifungal medicine recommended by the Podiatrist.

IN-BETWEEN THE TOES:

Apply antifungal drops or spray between each toe at least two times per day for 2-4 weeks, depending on severity.

TOENAIL:

Apply antifungal nail lacquer on all infected toenails once or twice a week, after filing the nail down. Successful treatment can take between 6-12 months.

SOLES OF THE FEET:

Apply antifungal cream to the bottom of the foot at least two times per day for 2-4 weeks, depending on severity.

If you experience any of these issues, call **22242999** to make an urgent appointment with your Podiatrist.

! DOS AND DON'TS

- ✔ Wash your feet with soap and warm water every day.
- ✔ Dry your feet, especially in-between your toes.
- ✔ Wear clean cotton socks every day, preferably white or light in color.
- ✔ Wear shoes made of breathable or natural material.
- ✔ Alternate between two pairs of shoes.
- ✔ Wear sandals in public showers, around public swimming pools, and in other public places.
- ✘ DO NOT share shoes, socks or towels with others.
- ✘ DO NOT use any cream between your toes.

