|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  | | --- | | **Dry, scaly skin on the soles of feet:**  The skin on the foot is approximately five times thicker than anywhere else on your body. Therefore, you are able to have a fungal infection and not display many symptoms. These symptoms include red, itchy, or scaly skin. If you have dry skin on your feet, despite being diligent with foot cream, you may also have a superficial fungal infection.  **Treatment:**  At Supplefeet, we do not recommend oral anti-fungal drugs unless it is absolutely necessary. These drugs have to be prescribed by a GP. We do recommend a three week’s combined use of **Emtrix®** nail treatment and clotrimazole 1%.  We highly recommend our very own Urea based cream with minerals such as **Supple London Foot Cream™**.  It is important to visit a podiatrist or a GP to get a definitive diagnosis, as fungal infections can often be confused with other skin conditions, e.g. Dermatitis, Pitted Keratolysis (which is actually bacterial), Psoriasis (especially on your toenails), or even Eczema.  Supplefeet do sell a simple at home test kit (Fungal InTray™) which can be used for fungal nail clippings and scrapings. Supplefeet 13 Genotin Terrace  Enfield, Middlesex, EN1 2AF  020 8367 9292  [www.supplefeet.com](http://www.supplefeet.com) | | I trust that the information here has been of use to you. We welcome your feedback and me and my team would be happy to answer any queries on 020 8367 9292. Thank you.    Miss Emma Supple  Clinical Director of Supplefeet  Revised February 2021 | |  |  | A picture containing orange  Description automatically generatedInformation on Fungal Infections  Thank you for requesting more information on fungal infections. It can be hard to find information that is relevant to you with all of the information that is out there. This booklet has everything you need to know about fungal nail infections. If you have any further questions, please do not hesitate to ask via our website: <https://www.supplefeet.com/ask-miss-supple> |
| **Onychomycosis: onych- means nail and mycosis means fungus disease. Onychomycosis means a fungal infection of the toenails. It can also affect the fingernails. It is an opportunistic infection that uses breaks in the seal of the nail to spread.**  Yellow, discoloured toenails that have started to crumble at the edges is often a sign of a fungal infection. Fungal nail infections smell and take a long time to occur and develop, which is why fungal nail infections are more commonly found in older people. However, all ages can be affected if the person’s nail gets lifted or injured. This is the entrance point for the fungus.  **Treatment:**  Fungal nail treatments involve the painless debridement of the nail to remove infected sections and the thinning down of the nail where necessary. The debridement and thinning down of the nail removes the visible patches of fungus. After this, the nail requires daily application of **Clotrimazole (1%),** a topical anti-fungal medication, and **Emtrix®**, a nail treatment, to eliminate the rest of the fungus. More information can be found at <https://www.supplefeet.com/shop/anti-fungal-treatment/emtrix>  It is important to keep your toenails short and well-trimmed. The excess length and thickness will harbour the infection and make it harder to treat. The key is **diligence** and **patience**. Infections take a while to accumulate and it generally takes **18** months for a nail to grow fully from the nailbed.    Typical effects of **Emtrix®** |  |  | **Cosmetic Appearance:**  Fungal infections are not pretty. However, you can cover up the nail using nail varnish or gels, which can seal in the infection and present a respectable nail to the outside world! The best part about gel nail varnish is that you can still use certain topical anti-fungals with them. Gel use should only ever be temporary, as the nail needs to breathe. You will need to apply the fungal nail treatment (i.e. **Clotrimazole**) to the base of the nail every day.  **Other Fungal Nail Infections:**  **Athlete’s Foot (*Tinea Pedis*):**  Athlete’s Foot is a common fungal infection that affects the soles of your feet as well as in-between your toes, as it thrives in dark, moist areas. It can be itchy, sore, and can have an odour.  **Treatment:**  **Emma Supple’s top tips for feet:**   1. Scrub your feet daily (using a bristle brush) and antibacterial soap. 2. Moisturise with a good mineral foot cream (we recommend **Supple London Foot Cream™,** a Urea based cream with minerals that is designed to leave hard-working feet smooth, supple and thoroughly pampered. 3. Be shoe savvy - choose shoes that are suitable for the activity.   The best way to avoid fungal infections is to keep your toes dry and clean. Our **Yoga Sandals®** are brilliant for use around the house, but they can also be used at the swimming pool, the gym, the beach and on days out!  N.B. We do not recommend using talcum powder with cream as that can form a paste and can make the area moist, creating the perfect breeding ground for the fungus. |
|  |  |  |
|  |  |  |  |