

Fungal Infections

What is it?

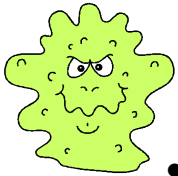
- **Fungal Infections**- infection of the skin by a fungus
 - **Areas Affected**- feet, nails, scalp, groin
- **Grows Best**- warm, moist areas of the skin between the toes, beneath the breasts, in the groin



Signs and Symptoms:

- **Nail**- changes on one or more nails, usually toenails; discoloration, brittleness, thickening, loss of luster or shine, distortion of nail shape, loosening or detachment of the nail, debris being trapped under the nail, crumbling of the nail

Facts:



- **Athlete's Foot**- fungal skin infection, most common; reoccurs, must be treated each time occurs
 - **Symptoms**- blistered, crackers, peeling skin, itching soles of the feet, between the toes
- **Fungi**- lives on dead tissue of the nails, hair, and outer layers of skin
 - **Mold-like Fungi**-Tinea capitis, Ringworm, Jock Itch, Athlete's Foot
 - **Yeast-like Fungi (Candida Yeast Infections)**- Diaper Rash, some cases of Genital Rashes, Cutaneous Candidiasis, Oral Thrush
- **Fungal Infections**- more often in adults, toenails affected more often than fingernails, fingernail infection often follows nail infection; increased by closed footwear, prolonged moist skin, minor skin or nail injuries
- **Mold-like Infections**- shower rooms, gyms, public swimming pools, people who perspire a great deal



What can I do?

- **See your Health Care Professional**- observation/appearance of the nail, scraping nail for a culture, microscopic examination to identify the fungus type
- **Always**- have good health and hygiene, keep skin clean and dry, proper nail care, wash and dry hands thoroughly

