

SAY GOODBYE TO STINKY, SWEATY FEET

According to a 2018 survey by the American Podiatric Medical Association (APMA), Generation X, Millennials, and Generation Z reported that their number 1 foot issue was sweaty feet and foot odor.

What are Sweaty Feet and What Causes Them?

Excessive sweating of the feet is called hyperhidrosis. Although excessive sweating of the feet seems to be an inherited problem, no one knows exactly why it occurs.

What are the Symptoms?

The most obvious symptom is feet that sweat excessively. The feet may also have a whitish, wet appearance. Sometimes, foot infections are present; constant wetness breaks down the skin, allowing infection to set in. Foot odor is also common.

APMA TIP

Stash an extra pair of socks at school or at work. Fresh socks will help keep foot odor in check.



When to Visit a Podiatrist

No matter your age, your local podiatrist can help you control this embarrassing condition.

What Can I Do At Home?

Good foot hygiene is essential. Here are 4 ways you can keep your stinky, sweaty feet at bay and prevent infections:

1 Wash your feet daily with an antibacterial soap, making sure to wash between the toes



2 Dry your feet, especially in between the toes, thoroughly



3 Apply cornstarch, foot powder, or an antifungal powder to your feet



4 Wear moisture-wicking socks made of natural or acrylic fiber blends



Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after her or his name. The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making her or him uniquely qualified to care for this part of the body.

Visit www.apma.org for more foot information, or to find a podiatrist near you.

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