



WOMEN'S HEALTH

A Condition That Doesn't Discriminate

(NAPSA)—Nearly 50 percent of women in the U.S. suffered from scaling, thickness or dryness on the sides and the bottom of their feet during the last 12 months.

Many women, however, are unaware that this condition may be associated with a particular form of athlete's foot called "moccasin."

Embarrassed by the way their feet look, women may devise elaborate rituals, from moisturizing, exfoliating and massaging, to foot soaks and pedicures, with little success.

"When I tell women with moccasin symptoms that they have athlete's foot, their immediate reaction is 'No way! But I take such good care of my feet!' Their next question is 'Where could I have picked that up?'" says Beverly Hills podiatrist Dr. Carolyn Siegal.

Anyone can get a fungal infection. It can be picked up in locker rooms, saunas, gyms, nail salons and swimming pools.

"I meet women every day who go to extreme measures to try and hide the dry, cracking and scaly skin on their feet. They often insist that I change an outfit so they can wear a pump or boot that will hide their feet," says star stylist Sam Saboura. "It's upsetting when these women tell me they feel less pretty because of the condition of their feet, especially since once they understand and recognize the symptoms, moccasin-type athlete's foot can be treated."

Unlike the interdigital form of athlete's foot, which is concentrated between the toes, the moccasin form spreads across the heel,



The fungus that causes athlete's foot lives in places women associate with health and beauty, such as gyms and saunas.

sides and sole of the foot in the pattern of a moccasin. The skin gradually becomes thick, dry, cracked and scaly, which can make women very self-conscious about their feet.

Those who know the symptoms of athlete's foot can diagnose it themselves by examining their feet. To cure "moccasin," over-the-counter (OTC) treatments are available. In fact, LamisilAT® Cream is the only antifungal clinically proven to cure moccasin type athlete's foot in two weeks' use.

Keeping skin clean, cool and dry is the best defense. In addition, the likelihood of contracting this fungal infection may also be reduced if you:

1. Wear shoes that "breathe" and fit correctly.
2. Keep bathroom floors clean.
3. Avoid walking barefoot, especially in bathrooms, locker rooms, gyms, on carpeting and in public bathing areas.
4. Discard old shoes, boots, slippers and sneakers.