



Intervention and Impacts of Athletes Foot: Current Perspective



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Skin disease is a prevalent disease throughout the world, posing a burden on low-income countries and resulting in permanent disability. Global Burden of Disease (GBD) estimated that approximately 39 million people live with a disability because of skin disease¹. Around 15.0% to 20.0% of the world's population will contract a fungal infection during their lifespan². In the United Kingdom, the rate is approximately 15.0% of the population, whereas, in Bangladesh, a low-income developing country, the percentage is approximately 50.0% cases³. Ringworm is caused by a fungal infection that manifests as a ring-shaped rash called Dermatophytosis or Tinea⁴. Dermatophytes can infect multiple body areas, including the scalp, feet, groin, and nails. Tinea pedis or athlete's foot is the term used when tinea occurs on the skin of the feet. It is caused by the Trichophyton fungus². The symptoms may appear as white and shaggy patchy skin that may cause itch between toes, and the skin of the sole and heel of the foot become red, dry and swollen³. The spread of the disease can occur by contact with affected skin or contact with fungus in a damp area such as a shower, locker room, or swimming pool⁵.

Fungal infections can be fatal to immunocompromised people. To make people aware of fungal infections, CDC arranged Fungal Disease awareness week on September 20 to 24, 2021 that focuses on educating people on how to prevent fungal diseases⁶. Moreover, CDC advises physicians to diagnose and treat fungal disease early. CDC's Mycotic Diseases Branch (MDB) stated Mycotic disease as a serious health issue. MDB work as a team with Epidemiologist and laboratory to control and prevent fungal disease

nationally and internationally⁶. Though a Fungal disease outbreak is rare, it is important to notify if there are two or more cases from the same source. American Academy of Dermatology Association (AAD) recommended precautions such as wearing socks, shoes, sandals, not sharing others' shoes and towels, keeping feet dry and clean⁷.

Athlete's foot is a highly infectious disease that can spread from one part of the body to another, person to person, and is highly contagious in either damp, moist areas of the body or environment⁸. Though Athlete's disease has rare complications, it can cause fingernail infection, secondary bacterial infection, cellulitis. Thus, the non-pharmacological approach is highly appreciated along with pharmacological treatment⁹.

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