

## What is Athletes Foot?

Athlete's foot is a skin infection caused by fungus. A fungal infection may occur on any part of the body, including the foot, commonly known as tinea pedis. Fungus commonly attacks the feet. This is because fungus thrives in dark, moist, warm environments like a shoe.

## What Causes Athletes Foot?

Fungal infections are more common in warm weather when feet tend to sweat more. Fungus thrives in damp areas such as swimming pools, showers, and locker rooms. Athletes commonly have sweaty feet and use the facilities where fungus is commonly found, thus the term "Athlete's Foot."

## How can Athlete's Foot be prevented?

A couple of ways to avoid contracting athlete's foot is to avoid walking barefoot and maintain good foot hygiene. This can help reduce the spread of fungus. Also, wash feet daily with soap and water and thoroughly dry, including between the toes. Also, avoid sharing shoes and towels with others. The number one way to prevent this fungal infection is to keep feet as dry as possible.

**wow!** ↓

Up to 70% of the population will have athlete's foot at some time during their lives.

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

## What are the Signs and Symptoms?

Signs and symptoms for Athlete's foot include:

- Itchy, dry, scaly skin on the soles of the feet or in between the toes
- In more serious cases, inflammation, cracks or blisters may appear
- Without treatment, the fungus may spread to the toenail area

## What is the Treatment?

Treatment for Athlete's Foot is simple. Using anti-fungal powders, sprays, and/or creams are often utilized to treat athlete's foot. In more advanced cases, oral medications may be prescribed to reduce the infection.

## Product of the Month "Tineacide Antifungal Cream"



#1 Doctor Recommended Non-Prescription Antifungal Cream

- It's the strongest topical antifungal on the market without a prescription
- Kill fungus, yeast and bacteria
- Soften hard/brittle areas

## Office Hours

Monday-Friday  
8am to 5pm

## Lunch

12pm to 1pm

Happy  
Easter!!!

## Let's Wish Happy Birthday to all the April Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have an April birthday. We hope you enjoy your special day!

## Community Service

*"Keeping Nashville on Their Feet"*

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

## Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

### Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN

## Success Story

I recently saw the video you posted on youtube of an ingrown toenail removal. I've been suffering from one of these on my left foot for the past 8+ years. I had gone to a clinic twice while in high school, and the "surgery" was incredibly painful and not effective, thus my putting it off for years. Your video showed me how fast, painless, and effective the procedure should be, thus helping me ease my fears. Thank you!

~ S.M.

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to [www.neufoot.com](http://www.neufoot.com).

## Community News

Apr 9 to May 2- Oliver! The play, held at the Center for the Arts in Murfreesboro will be playing Fridays, Saturdays, and Sundays during the month.

Apr 16- Week of the Young Child Celebration. This is going to be held at the Discovery Center at Murfree Spring from 5pm- 7:30pm and free admission

Apr 24- Earth Day 2010. Held on the Murfreesboro Civic Plaza on W. Vine Street in Murfreesboro. Free and open to the public from 10am to 2pm.

Apr 30 to May 2- AQHA Quarter Fest will be held at the Tennessee Miller Coliseum in Murfreesboro.

## Are you tired of Foot Problems?

Get a Free copy of  
Foot Health 101

*"Healthy Feet are Happy Feet."*



Free  
Book