

Fungus 101

No matter the sport, your feet are on the front line.

But lately your feet haven't been feeling so good. They're itchy and burning, and the skin between your toes seems to be cracked and peeling. You shrug it off. But that itch is driving you so crazy that you can't concentrate on the sport.

The bad news? You may have athlete's foot. The good news? There's a powerful over-the-counter cure, available in most drugstores and supermarkets—Lamisil^{AT}.

It's time for a little Fungus 101.

There are four major symptoms of athlete's foot. You can have one, or a combination of them.

- ▶ Itchy, burning feet—most common
- ▶ Peeling and/or cracked skin between the toes
- ▶ Redness, persistent dryness, and thickening of the skin on the bottom or sides of the feet and heels
- ▶ Raised bumps or ridges on the bottom of the foot, accompanied by intense itching



What is a fungal infection?

Brace yourself, 'cause this is ugly. Athlete's foot is a mold-like fungus from living germs growing on the dead tissue of hair, toenails and outer layers of the skin. Some people may actually have the fungus on their skin, but unless conditions are right, it won't develop into athlete's foot.

How can I get it?

Moisture and trapped sweat are conditions for fungal infections. Add the fact that it's a contagious condition spread through showers, clothing and towels, and BOOM!—you've got it!

How do I get rid of it?

Use the over-the-counter cream—Lamisil^{AT}. While most other creams require four weeks of application, Lamisil^{AT} Cream *kills* the fungus with only one week's use and keeps it away for three months.

What is jock itch and how do I get rid of it?

Jock itch is a common fungal infection among athletes. It occurs in the genital area and can spread to the top of your legs. Symptoms include scaly, reddish, ring-shaped patches which tend to form complete rings with red borders. Be sure to wash towels and clothing with detergent, bleach and hot water to reduce the spread of infection. And don't share towels. Lamisil^{AT} for jock itch also relieves jock itch and ringworm when used daily for one week.

Did You Know?

- ▶ Most athlete's foot creams only inhibit fungus growth and require four weeks of continuous treatment for a cure, but Lamisil^{AT} Cream *kills* athlete's foot fungus with one week's use and keeps it from recurring for at least three months.
- ▶ Lamisil^{AT} is the #1-recommended treatment by doctors and pharmacists for athlete's foot.
- ▶ Lamisil^{AT} is the official Athlete's Foot Treatment of the National Basketball Association.
- ▶ Each foot contains more than 100 muscles, tendons and ligaments.
- ▶ The bones of the forefoot bear half the body's weight.
- ▶ Feet take the blow of up to one million pounds of pressure during one hour of strenuous exercise.
- ▶ With 26 bones per foot, both feet and ankles comprise one-quarter of the entire body's bones.
- ▶ There are 33 joints in each foot.

Keep athlete's foot from catching you off guard:

- ▶ Take a bath or shower every day.
- ▶ Dry completely between the toes.
- ▶ Wear cotton socks.
- ▶ Don't wear the same pair of shoes every day, if possible.

Brought to you by:



Advanced treatment for athlete's foot.

Snap - Crackle - Pain



Take charge.

To be in control, you've got to know what causes your pain and how to treat it.

The chart shows some common foot and foot-related injuries and conditions. You can tackle the first line of treatment for most of them with **RICE—Rest, Ice, Compression and Elevation**. But if the pain continues, get yourself to a doctor.

Athlete's Foot

Symptom: Cracked, peeling and itchy, burning skin between toes or on bottom of foot
Causes: Direct contact with skin or objects like towels, floors, bathtubs or showers infected with a common skin fungus
What to do: Use Lamisil^{AT}® over-the-counter Cream, available at drugstores or wherever you buy toiletries. Other creams require a four-week use. Lamisil^{AT}® Cream gets rid of the fungus with just one week's use and keeps it from recurring for three months.

Sprain

Symptom: Pop or snap followed by pain and swelling
Causes: Overstretching or tearing a ligament during a fall, twist or sudden blow
What to do: Progress gradually to full weight-bearing activities. If pain persists, see your doctor.

Medial Shin Splint

Symptom: Tenderness or pain in the back inside portion of lower legs
Causes: Over-training, running on hard surfaces, over-stretching
What to do: Participate in non-weight-bearing exercise, such as swimming and biking. Avoid both concrete and soft surfaces for training and workouts. Avoid running, jumping or climbing up inclines or down hills.

Achilles Tendonitis

Symptom: Pain and/or tenderness in the Achilles tendon, developing over time
Causes: Overuse of the Achilles tendon, sudden increase in training, excessive hill running and heel cushioning in shoes, tightness of posterior leg muscles, calf muscles and hamstrings
What to do: Reduce training, speed and hill work. Avoid excessive stretching. Don't go barefoot at home. Don't wear flat shoes.

Morton's Neuroma

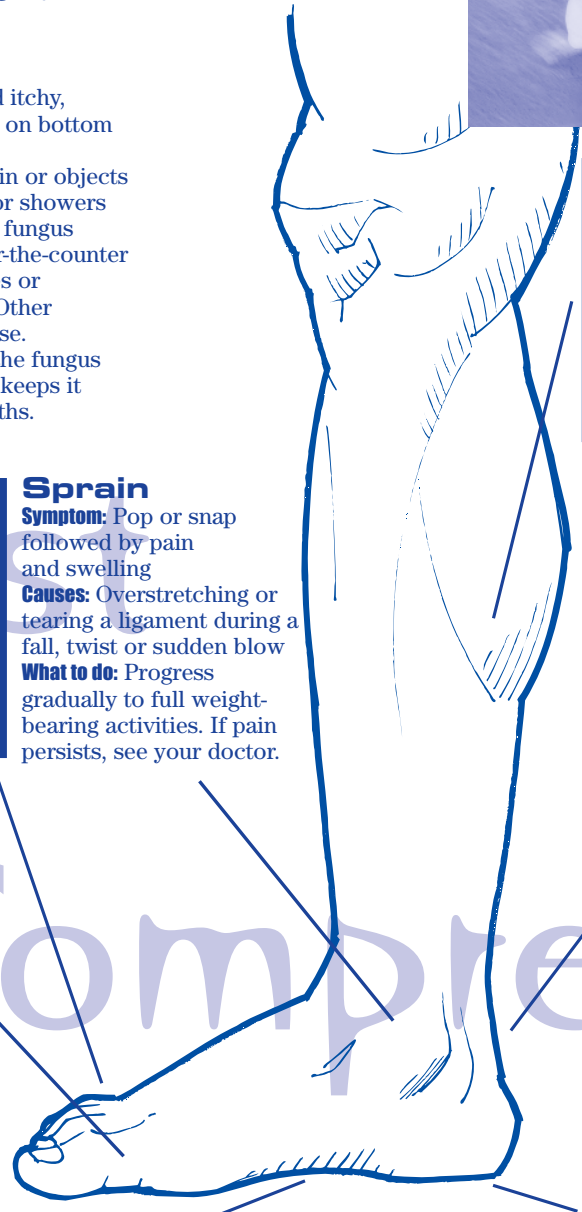
Symptom: Intermittent pain or numbness on the ball of foot and in 3rd and 4th toes
Causes: Tight-fitting shoes, foot traumas during workouts, foot structure
What to do: Replace tight-fitting or worn-out shoes. Use shoes with a wider toe area. Place cotton between toes.

Plantar Fasciitis

Symptom: Pain under the heel or along bottom of the foot—strong early in the day, easing, then gradually worsening
Causes: Weak foot muscles that place pressure on the arch
What to do: Tape the area from your heel to the ball of your foot. Wear properly-fitted shoes and shoe inserts (possibly orthotics). Stretch and strengthen foot and ankle muscles.

Stone Bruise

Symptom: Pain, tenderness and swelling in bottom middle portion of the foot
Causes: Wearing old, stiff or worn shoes, over-striding, over-training, working out on hard surfaces
What to do: Avoid going barefoot or walking in socks or flat shoes. Use a cushion or insole in your shoe. Re-examine workout shoes for proper fit.



Rest
Ice
Compression
Elevation

Brought to you by:



LAMISIL^{AT}
CURES MOST ATHLETE'S FOOT
RELIEVES ITCHING AND BURNING
FULL PRESCRIPTION STRENGTH
LAMISILAT
TERBINAFINE HYDROCHLORIDE CREAM 1%
ANTIFUNGAL

Advanced treatment for athlete's foot.

Hydrate and Educate

Hydrate

Did you know that with only one hour of moderate to strenuous exercise, your body can easily sweat away a quart of water, maybe more in hot weather? Dehydration can lead to dryness of the mucous membranes of the nose, mouth and throat, and reduced ability to sweat and urinate. In severe cases, it causes increased heart rate, low blood pressure, shock and even death. **Alcohol is extremely dehydrating. Don't drink and play.**

Check out these guidelines to keep you strong:

- > **Water.** Drink it. Pour it over your head. Crunch ice. You just can't beat plain water for your body.
- > **Keep it flowing.** OK, so it's a hassle to break the rhythm, but drinking 4 to 6 ounces of fluid every 15 to 20 minutes during workouts will help you finish strong.
- > **Saturate.** Sure, it sounds like a lot, but your body needs at least 16 to 20 ounces of fluid two hours before intense

exercise, and 8 more 15 to 30 minutes before.

- > **Recharge.** Replace the fluid you lose when training. Weigh yourself before and after workouts, and drink one pint of fluid for each pound lost.
- > **Sugar lows.** Fluids with small amounts of sugar and sodium (think special sports drinks or diluted fruit juices) are good choices for endurance training. They pack electrolytes that get lost during intense activity.
- > **Coffee, tea or dehydration?** Admit it. You love caffeine. It can make you feel like playing 15 innings, but in reality, it's dehydrating you.



Educate

Before you swallow or inject, educate yourself.

The Facts

The Side Effects

Anabolic Steroids

The Claim. May strengthen and develop muscles and increase masculine characteristics.

The Reality. Liver tumors and cancer, jaundice (yellowish pigmentation of skin, tissues and body fluids), fluid retention, high blood pressure, increases in LDL (bad cholesterol), decreases in HDL (good cholesterol), kidney tumors, severe acne, trembling, depression, suicidal tendencies, aggression. In men, steroids can shrink the testicles, cause baldness and the development of breasts and increase the risk for prostate cancer. Women can experience growth of facial hair, male-pattern baldness and a deepened voice.

EPO (Erythropoietin)

The Claim. May increase endurance by improving oxygen transport to muscles.

The Reality. Thickens blood, possibly inducing heart attack.

Marijuana

The Claim. Makes you think you've increased reaction time.

The Reality. Slows reaction time, increases heart rate, decreases fine-motor coordination, decreases optimal strength and motivation.

Narcotics

The Claim. Relieves pain so it keeps athletes in play despite painful injury. Some narcotics, like morphine, are banned.

The Reality. Impaired judgment. Addiction. Positive drug tests—grounds for disqualification in competition.

Creatine

The Claim. Hype says it increases muscle mass and improves high-power performances of short duration, but it requires high-intensity training to be effective.

The Reality. Not much is known about its safety or long-term effects since it's only been available for 10 years. Creatine is really a food supplement, so it's not regulated by the Food and Drug Administration. Causes muscle cramps, strains and pulls, loss of appetite, diarrhea, dehydration, seizures, bloating and water-weight gain.

Did You Know?

- > The average person takes over 10,000 steps a day. That's 115,000 miles in a lifetime, enough steps to circle the planet four times.
- > Some athlete's foot creams only inhibit fungus growth and require four weeks of continuous treatment for a cure, but Lamisil^{AT} Cream *kills* athlete's foot fungus with one week's use and keeps it from recurring for up to three months.
- > Lamisil^{AT} Cream can help you improve your performance by treating athlete's foot.

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**Advanced treatment
 for athlete's foot.**