

# Athlete's Foot Treatment

Fast, Gentle Relief • Walk the Same Day



**YOUR FEET IN  
KIND HANDS**



## **Dr. Grigoriy Patish, DPM**

Triple Board-Certified  
20+ Years Experience

**(760) 728-4800**

Call or Text for Appointment

[fallbrookfootdoctor.com](http://fallbrookfootdoctor.com)

### **FALLBROOK OFFICE**

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### **TEMECULA OFFICE**

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Suite 200, Temecula, CA  
92590

### **HOURS**

MON-FRI 9 am – 5 pm

At a glance: Athlete's foot (tinea pedis) is the most common fungal skin infection of the feet. While mild cases respond to over-the-counter antifungals, chronic, recurrent, or widespread infections often require prescription-strength treatment and a strategy to eliminate the underlying cause.

## **1 Athlete's Foot — More Than Just an Itch**

Athlete's foot is caused by dermatophyte fungi — the same organisms responsible for toenail fungus, ringworm, and jock itch. Despite the name, you don't need to be an athlete to get it. Anyone who walks

## **2 Types of Athlete's Foot**

Not all athlete's foot looks the same. The clinical presentation determines the best treatment approach.

## **3 Our Treatment Approach**

We don't just prescribe antifungals and hope for the best. Effective athlete's foot treatment requires identifying the type, eliminating the reservoir, and preventing recurrence.

## **4 Prevention — Breaking the Cycle**

Recurrence is the biggest frustration with athlete's foot. These strategies address the environmental factors that keep the infection coming back.

**Same or Next Day Appointments Monday–Friday**

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