



FOOT ITCH

Itching, swelling, pain or discomfort in one or both feet

CAUSES

ATHLETE'S FOOT

Athlete's foot is a fungal infection affecting the skin of the feet that may be habitually moist, warm and poorly ventilated. These areas are very susceptible to the growth of fungus, and despite the name, this condition is not exclusive to athletes.

Symptoms:

- Itching, stinging, painful feeling in the feet, usually between the toes
- Peeling or cracked skin on the feet
- Blisters

DO:

- Use anti-fungal medicine in powder or cream form to combat the existing infection.
- To prevent infection, wear clean and dry socks, and shoes that allow your feet to breathe.
- Make sure your feet are always dry.

DON'T:

- Don't wear plastic shoes or shoes lined with plastic.
- Don't walk barefoot on wet floors, soil or public showers.

GAS (FLATULENCE)

Burping or expelling gas

DIET

Eating food high in fiber and drinking carbonated beverages increase the likelihood of burping or passing gas. There are bacteria in the intestines that cause food to ferment and be expelled as gas. Flatulence is normally not a serious condition and can be prevented with the proper diet.

Symptoms:

- Rumbling in the stomach
- Burping or expelling gas
- Discomfort in stomach or abdomen



Slight discomfort and rumbling in the stomach may be due to gas.

DO:

- Reduce your intake of gas-producing food. These include beans, apples, bran, broccoli, nuts, prunes, beer and carbonated beverages.
- Eat and drink slowly.

DON'T:

- Don't talk when your mouth is full. This increases the likelihood of swallowing air, which enters the stomach and contributes to the discomfort.