



## DR. SCOTT O'CONNOR

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## Foot Odor/Sweaty Feet Treatment

Foot odor is caused by a bacterium that lives on the skin. A breach in the skin and excessive moisture allows the bacteria to overgrow. Often OTC treatments work well. The bacterium likes it dark and moist. So change socks frequently (at least twice/day) and wear acrylic socks to 'wick' moisture away if possible, otherwise cotton socks. Reduce moisture in shoes as much as possible.

To reduce odor and moisture from sweating, do the following:

- Apply anti-fungal powder frequently during the week (Zeosorb AF OTC)
- Spray your shoes down with Lysol and air dry overnight (remove insoles if needed)
- Use an anti-perspirant spray (Right Guard type) or roll-on daily to feet to 'pucker up' sweat glands and reduce moisture.
- OTC but online remedy 'On Your Toes' treatment works well to 'pucker up' skin. Available at [www.footodor.net](http://www.footodor.net).

If these remedies don't work, methods are available by prescription the further reduce sweat/kill fungus.

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