

## **2 FOOT- 1 HAND SYNDROME**

2 foot - 1 hand syndrome is a superficial infection of the skin caused by the common athlete's foot fungus. It is quite common for people to have a minor amount of an athlete's foot condition. This would appear as slight scaling and/or itching between the toes. In addition, patients may have thickened toenails as part of the athlete's foot condition. Again the problem on the feet is very common and often patients are not even aware of it.

In some patients, however, the athlete's foot fungus can spread to another area of the body. For some strange and unknown reason, it seems to affect only one hand. That is why the condition is called 2 foot - 1 hand syndrome. It is not clear why the problem develops in only one hand or why the right or left is involved in some patients. Fortunately there is very effective treatment to control this minor skin problem.

If the problem with the superficial fungus infection is confined to the skin, then a short course of treatment with an oral antibiotic is all that is required. This antibiotic is very safe and normally clears the skin up fairly rapidly. It is often used with a topical cream to speed the healing process.

If, however, the fingernails of the affected hand are also involved then a more prolonged course of the antibiotic will be necessary.

Normally it takes six to nine months to grow a fingernail from beginning to end. It is therefore necessary to take the antibiotic pill for many months until the fingernails regrow normally. The antibiotic pill used for this problem is extremely safe even when taken for long periods of time. It is very important to take the pills regularly so that the condition will continue to slowly improve. It is also necessary to apply a cream to the hand in the area around the nails to aid in the healing of the condition.

Although 2 foot - 1 hand syndrome may sound unusual, it is truly a minor skin problem for which very effective treatment is available. If you have any other questions about this condition, please ask me before you leave the office.