

How to help prevent the problem coming back.

- Apply Canesten® Hydrocortisone twice a day for no longer than 7 days to clear up these irritating conditions quickly and effectively.
- Wash regularly and thoroughly and try to keep skin cool and dry by wearing loose-fitting clothing. Always wash your hands after applying Canesten® Hydrocortisone.
- Sweat rash and athlete's foot thrive in damp environments, so keep skin dry – particularly between the toes, under armpits, and other problem areas.
- Using a clean towel, pat – rather than rub – your skin dry.
- Avoid tight, chafing clothes and synthetic socks and footwear.
- Change socks/stockings daily and shoes every few days.
- Athlete's foot is contagious, so ensure feet are completely clean and dry after using swimming pools or communal showers. Do not share towels.

Canesten®

Two Conditions One Cream Triple Action



For further information, please visit our
website: www.canesten.co.uk

Problems with
Sweat Rash or
Athlete's Foot?

Red itchy skin?

If your skin is inflamed, red and itchy, you may have a fungal infection.

Sweat rash

We are prone to sweat rash (sore inflamed skin) under the arms and breasts, around the groin, and at the backs of the knees, because these are areas where sweat can become trapped.

Sweat rash can be caused by anything from a vigorous workout to tight-fitting clothing, which explains why this condition is so common.

Athlete's foot

As you would expect, athlete's foot affects the feet; however, you don't have to be an athlete to catch it – anyone can suffer from this condition.

With athlete's foot, the area between the toes or on the soles and sides of the feet becomes red, itchy, scaly and irritated.

Both conditions are the result of a fungal infection, and both are easily treated by triple action Canesten® Hydrocortisone.

Canesten® Hydrocortisone can treat them

Inflamed sweat rash and athlete's foot can be easily treated with Canesten® Hydrocortisone, a **triple action** cream to help relieve soreness, reduce redness, and stop itching:

1. Canesten® Hydrocortisone contains clotrimazole, an **antifungal** which stops the growth of the fungi that cause sweat rash and athlete's foot.
2. Clotrimazole also has **antibacterial** properties to help clear up any infection.
3. Hydrocortisone is an **anti-inflammatory** which reduces the soreness and irritation of athlete's foot and sweat rash.

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Always read the label.