Most of us have suffered from sweaty feet at times, but for some people this is a problem that is uncomfortable or embarrassing.

Sweating is the normal way for your body to cool down. Sweat itself does not have an odour, but the action of bacteria on it causes the smell to develop.
Increased sweating can be due to:

- Hot weather,
- Shoes and hosiery of man-made materials,
- Standing for long periods of time,
- Foot strain,
- Hormone changes at adolescence,
- Emotional stress.

**What can help?**

**Simple Hygiene**

As part of your daily routine:

- ✓ Wash your feet in the morning and evening with warm soapy water. Avoid very hot water that will make you sweat more.
- ✓ After washing, rinse in cold water.
- ✓ Dry feet thoroughly with a rough towel.
- ✓ Apply an astringent – such as surgical spirit.
- ✓ Change your socks or stockings at least once a day.

**Footwear**

Expose your feet to fresh air as much as possible, and wear sandals whenever you can. Well fitting shoes made of leather, which allows your feet to “breathe” are best. As insoles or the uppers of shoes absorb a lot of sweat, don’t wear the same pair every day, and allow them to dry out before wearing them again. Removable insoles are also a good idea.

An added problem that often accompanies sweaty feet is foot odour. This can usually improve with the above measures to control sweating.