



CASE OF THE MONTH: A NEW HOPE FOR NAIL AND SKIN FUNGUS

A Real Problem

Toenail fungus is a very common problem. It affects about 15% of the US population. Toenail fungal infections are four times more common than fingernail infections. Health risks are minimal in healthy patients but in Diabetics with Neuropathy there is a risk of pressure sores under the nails. 36-48% of patients I see, have some pain associated with the thickening of nails. Fungus is a major contributor to ingrown toenails. But by far the most significant problem associated with nail fungus is the psychosocial effects. 70% of patients I see are embarrassed by the appearance of the nails. They won't wear sandals and avoid social situations where someone might see their nails. Many of them even apply nail polish to cover up their discolored fungal nails. This is a huge No-No.

Hard to treat

Until recently, most people treated toenail fungal infections with either topical ointments or oral medications. High frequency of failure of treatment and recurrence are very common. Treatment with oral medication, Terbinafine, fails 30-50 percent of the time. Worries about liver toxicity are a concern. Topical medications are effective only about 5-18 percent after a year of use. Recurrence rates after successful treatment are between 6.5 and 53 percent.

What about Laser therapy?

Laser therapy has shown a wide range of effectiveness with toenail fungal infections. Manufacturers report 70-80% success rate. The bottom line is that it is effective most of the time if used correctly. Enough joules have to be used to cause enough cellular damage to the fungus for it to work. The problem with research is there is a large variation in the dosage to the affected nails so apples are compared to oranges. The bottom line is that Lasers work if used correctly most of the time.

What is the answer?

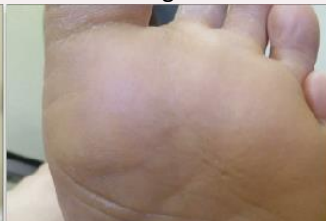
Fungal infections are tough to cure and require multiple kinds of treatments at the same time, over a period of time. At Next Step Foot and Ankle Clinic, we now have a [Five Star Fungus to Fabulous Toenails Approach](#). We use oral medication, topical medication, silver and antifungal spray in shoes, antifungal cream on the skin of the feet and laser therapy all at once. With this approach most of our patients show significant improvement within 3 to 6 months.

For more information, please click to see the [Fungus to Fabulous](#) brochure.

Before Skin Fungus



After Skin Fungus



Before Toenail Fungus



After Toenail Fungus



A Better Way to Treat Neuropathy



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Your Next Step for Healthy Feet! Call today (830)569-3338



Fungal Skin & Nail Pack

From Fungus to Fabulous in 6 Months!

- 3 Laser Treatments
- FungiFoam
- Formula 3
- Clarus Shoe Spray
- TheraNail-TF Nail Supplement

Start today and get ready to bare your feet for Next Summer.



PLANTAR WARTS ON MY KIDS' FEET



Children often experience problems with plantar warts, which can cause intense pain when they spring up on the ball of the foot or heel. With simple procedures, your child can overcome their painful warts.

[Click to Learn More](#)

DOS & DON'TS FOR A FABULOUS PEDICURE

1. **DON'T** shave your legs before receiving a pedicure.
Resist the urge to have smooth legs, at least until afterward. Freshly shaved legs or small cuts on your legs may allow bacteria to enter your body.
2. **DO** bring your own pedicure utensils to the salon.
Why? Because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques. Yuck!
3. **DON'T** allow salons to use a foot razor to remove dead skin.
Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.
4. **DO** use a pumice stone, foot file or exfoliating scrub when eliminating thick, dead skin build-up, also known as calluses, on the heel, ball and sides of the feet. Be sure to soak your feet in warm water for a least five minutes and then use the stone, scrub, or foot file.
5. **DO** gently run a wooden or rubber manicure stick under your nails. This helps keep your nails clean and removes the dirt, glitter, and other types of build-up you may not be able to see.
6. **DON'T** apply nail polish to cover up discolored nails.
Thick and discolored toenails could be a sign of a fungal infection. Nail polish locks out moisture and doesn't allow the nail bed to "breathe."

