



ONYCHOMYCOSIS - NOT JUST A COSMETIC ISSUE

Nail Fungus or Onychomycosis affects 2-14% of the population and is increasing with our aging population.

Fungi feed on keratin, a structural protein within your nails.

- Start with a moist environment (feet have 250,000 sweat glands)
- Wear closed toed shoes - Creating a dark environment
- Apply warmth.



This creates the perfect environment for FUNGUS to grow.

- Fungus then invades the nail bed by penetrating the margins of the nail including the nail plate and nail matrix in some cases.

RISK FACTORS FOR CONTINUED GROWTH

- Infected socks and shoes - continued use
- Cross contamination - Other infected people, bath tubs, showers, pumice stones, nail clippers that have not been properly disinfected

EFFECTS ON YOUR PATIENTS

- Thick difficult to cut nails resulting in ingrown nails and piercing of the skin
- Changes to nail shape causing an involution and pressure on surrounding skin
- Contamination of skin causing dryness, cracks and breakdown
- Skin breakdown
- Wounds

CO-MORBIDITIES

- Diabetes, Peripheral neuropathy, L.O.P (loss of protective sensation) Diabetic ulcer
- Peripheral vascular disease – decreased peripheral circulation - immunosuppression - decreased ability to heal breaks in skin and /or wounds

WHY REFER TO OUR FOOT CLINIC?

- New curative process with high efficacy rate
- We guide our patients through the curative process, assessing at every visit and evaluating following completion of treatments
- We educate our patients on cross contamination and prevention strategies

PROTOCOLS

- Patient education on cross contamination procedures for home
- Hygienic nail debridement
- Prescription of Jublia T gtts B.I.D. to each affected toenail (Rec. 4 Bottles to complete 24 weeks)
- Patient attends foot clinic once a week for four weeks for nail debriding and non-Thermal laser treatments (Lunula Laser)
- Home Remedy kit included in first treatment (easy to apply nail spray & foot foam, (with clotrimazole & Tolnaftate 1%) Biosen Detergent for laundering sock garments, and instructions
- Patient to continue with Jublia Rx. to 24-week time frame consistent with clinical trials.
- 24 weeks follow up with Feet for Life Foot Clinic for evaluation
- topical holistic nail repair kit or nail regeneration spray

Myths

#1-Toenail fungus will go away on its own.

#2- Medication and/or home remedies alone will cure it with no manual intervention

FACT

If left untreated, toenail fungus can spread to adjacent toenails, fingernails and skin. Further, comorbidities exacerbate this condition such as; diabetes or circulatory disorders, a fungal nail can become an entry-point for infection.