

90 SECOND OR LESS FOOT FACTS

The Truth About Toenail Fungus

We wanted to share a few truths we've learned about toenail fungus you may not know. One of the things we know for sure is how motivated most people with this condition are to have normal looking feet again. The embarrassment is the number one driver behind the search for a solution.

Here are a few of the important facts to know about this condition:

#1. Not All Thick Discolored Nails Have Fungus

This was once the thought but lab testing has indicated otherwise. Somewhere between 20-40% of the nails we get tested don't have fungus. Keratinization of the nail and nail bed is common. It happens from micro-trauma. Heredity plays a role as well.

#2. It Often Takes 9-15 Months to Eliminate Toenail Fungus

We were probably all fooled by the pharmaceutical companies when they came out with the 90-day regime of oral medication. 90 days is just the starting point for most patients. The infected nails need to be treated until the fungus has completely grown out. A nail that is 100% infected will take 9-12 months to grow out.

#3. The Skin and Shoes Must be Addressed as Well

Almost every person with toenail fungus has fungus in the skin. Treating the nails requires treating the skin of the feet with an antifungal cream. Sprays and powders are very effective. Spraying the shoes with antifungal product is also essential. Our feet don't live in a great environment most of the time.

#4. Most People Desperately Want Normal Looking Toenails

Toenail fungus isn't as serious as many conditions we treat but many of our patients take it seriously. The embarrassment of the ugly appearance does take a mental toll for some. We've even had many seniors as motivated as the younger population to have clear nails again.