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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Do Athletes Suffer More From Nail Fungus?

By Darry J.Oswald

Toenail fungi, the same bugs that cause athlete's foot, squeeze under toenails and hide. Foot sweat combines with the toe jam and toenail fungus to form a damp festering jelly which is an unstoppable force. This is a toenail-fungus patient memoir.

In fact, athlete's foot is one of the most common toenail fungus infections. Often, toenail fungus follows athlete's foot. Almost anyone who wears tight-fitting shoes or tight hosiery is more likely to develop toenail fungus, especially if they also practice poor foot hygiene. Use different towels to dry off the infected skin area. For athlete's foot and toenail fungus, keep your feet and shoes aired and dry. This will reduce your risk for getting athlete's foot, toenail fungus, bacteria or warts, but it isn't foolproof.

Foot surgery should always be a last resort for fungus toenails, but if needed, it is absolutely done right in the podiatrist's office. For further information or to schedule an appointment to evaluate and treat toenail fungus, consult with your dermatologist.

The medicines used to treat athlete's foot are normally totally ineffective against fungus toenails infections. The drug is used in the United States to treat toenail fungus, and several kinds of thrush as well as cryptococcal meningitis. Treat athlete foot regularly as it can progressively lead to a condition of toenail fungus.

To treat toenail fungus apply tea tree oil to all areas of the toenail and toe that are affected by the fungus. Due to the well known fact that it is difficult to treat or eradicate toenail fungus, it is a good idea to try to prevent it. Fungal infections can affect the fingernails as well as the toenails, but toenail fungus is more difficult to treat because toenails grow more slowly.

Fortunately for all of us now, toenail fungus is a relatively easy to treat condition. Most of the medication for nail fungus on the market is excellent for home use, and nail fungus can be treated in the privacy of your own home! To view the many excellent products to treat fungus and fungal toenails, please view our range of product information on this website!

Do Athletes Suffer More From Nail Fungus?

Nail fungus is the most common cause of discolored, thick, and deformed toenails. Find out more about Nail Fungus at

<http://www.eabout.info>

Getting To The Truth About Nail Fungus

By Heather Colman

Nail fungus is something most people know very little about. We may see a few different advertisements or commercials about nail fungus treatment and prevention, but we really do not know what nail fungus actually is. Nail fungus is a fungal infection of the nail also known as onychomycosis in the medical world.

Studies show that while nail fungus is a common occurrence, it will typically infect the toenails. Very seldom will nail fungus attack the fingernails. Further studies show that approximately twelve percent of the U.S. population has some sort of nail fungus and it is typical with age. People aged 40 and older are the most susceptible to nail fungus. Like many other forms of affliction, nail fungus is hereditary; it seems to run in families. Some others may be more susceptible to nail fungus as well such as those who have a suppressed immune system due to certain diseases or treatments. People who have been diagnosed with AIDS, have received transplants, are undergoing cancer treatments are at risk.

In order to determine if you have nail fungus, you must make an appointment with a dermatologist. They will scrape your infected nail and submit it for microscopic examination. The nail will be carefully examined with a microscope and, occasionally, cultured, to determine what type of fungus is growing in the nail. Your dermatologist will determine if you have nail fungus and which type you have. Dermatophytes are nail fungus found in the toenails. Yeast is the type of nail fungus found in the fingernails.

If your dermatologist has diagnosed either type of nail fungus, he or she will prescribe one of many varieties of treatments available to combat the infection. In treatment of nail fungus, there are prescriptions such as gels, creams, and lotions that may be effective in treating mild cases of nail fungus. For particularly harsh cases, your dermatologist may prescribe oral medication to clear the problem. In extreme cases, the doctor may remove the nail, either the section that is infected or the entire nail to assist in treatment of the nail fungus.

The good news about nail fungus is, if you do get it, it can be treated fairly quickly. There are also steps you can take to avoid getting the infection or avoid getting it again. Talk to your dermatologist, he or she will provide you with the necessary information you need about nail fungus and how you can prevent it.

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<http://www.nail-fungus-hub.info>

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