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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!

Understanding And Treating Your Nail Fungus

By Dave Robinson

Nail fungus is an awful condition that can really be bothersome. It is a condition in which a fungus

invades the skin in and around the nail bed. It can happen in either the toes or the fingers and can be quite uncomfortable as well as noticeable. But, there are several things that you can do to fight off these nail fungus problems and it starts with an education about them.

Symptoms Of Nail Fungus

There are several ways to know if you have nail fungus. Nails will change in some way as an indication that there is a problem. Brittleness and discoloration are evident. You will find that nail fungus can also cause a thickening of the nail or even a distortion of the nail's actual shape. The nail could lose its shine and luster and will often begin to loosen. If you have these conditions, you will want to seek the advice of your family doctor. The doctor will probably simply tell you and begin treatment for nail fungus but a culture will tell for sure if you have a nail fungus.

The Causes Of Nail Fungus

Nail fungus is caused by a number of different microorganisms. Most of the time, bacteria or fungi are the main culprits. While a small amount of these organisms is actually good for the body, some will grow quickly and then form infections that lead to conditions such as nail fungus. They feed off of the dead tissues that are found from the hair, nails, and on the skin.

Fungal infections can be caused by mold like fungi. These could be such conditions as athlete's foot, jock itch, and ringworm. Other fungus is yeast like fungi and would include such conditions as diaper rash, oral thrush and genital rashes. Most of the time, nail fungus happens on the toes and recurs often. It can be picked up from public areas such as swimming pools or shower rooms. Those individuals who sweat a lot have an increased chance of getting and keeping nail fungus infections because they thrive on wet, moist areas.

Treating Nail Fungus

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Unfortunately, treating nail fungus is difficult and often is impossible. Many people start with creams thinking that they will work, but unfortunately, they have little chance of fighting off the infection. Oral medications are available to help. Sporanox and Lamisil are two that are commonly given but the side effects of these medications often cause them to be not worth the risk. And, they often will take several months to show any improvement. Still, reoccurrences will happen. The only way for it to be cured is for new, non infected nails to grow in place of the badly infected ones.

It is wise to contact your health care provider to talk about solutions to your nail fungus problems. They can offer input in how to treat and how to overcome these conditions. Complications of nail fungus include permanent damage to the nail itself, skin infections which are secondary as well as the common recurrent nail fungus infections.

The best prevention of nail fungus is proper hygiene. Keeping the skin in the area of the nail fungus clean and dry will help to alleviate some of the inflammations. Take care of the nails and always wash

and dry your hands after you have touched the affected area of the body.

For more information on nail fungus visit our site:

<http://www.livingright.info>

You'll also find other great

health related information.

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

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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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