



Spring Is On Its Way

Thank goodness it is spring. I am over winter, and grateful that I don't live in the UK, as I don't think I would survive one of their winters!!

Now that the weather is (supposedly) getting better, it is time to take off those slippers and check out your feet. Have your toenails become discoloured, or have an odor about them? You may have developed a fungal toenail infection. This month I discuss fungal nail infections, and what you can do for them.

Another thing you should look at while you have pulled those shoes off, is the quality of your skin. Is it dry and flaky? If you answered 'Yes', then it is time to get a good moisturizer onto your skin. The low humidity in winter, and the use of heaters over these cold months usually results in xerosis. This is the medical term for very dry skin. Also, the older you get the drier your skin can become.

So, the solution for this, heaps of moisturizer. Ideally you need to apply daily especially after a bath or shower. Try using all the leftover creams you have in your bathroom, otherwise, sorbolene is good.

Toenail Fungus

Toe nail fungus, also known as Onychomycosis, is definitely unpleasant. It usually starts out as a white or yellow discoloration beneath the tip of your toenail.

As the fungus grows, it causes more discoloration as well as thickening and crumbling of the nail. Other symptoms include a bad odor and sometimes discharge from under the toenail. Besides being unpleasant, toenail fungus can lead to a complete loss of the toenail due to damage.

Individuals at risk for toenail fungus include people who sweat heavily, those who work in a moist environment, athletes who continue to wear their sweaty socks and shoes for prolonged periods, or people who go barefoot in gyms, public pools and showers.

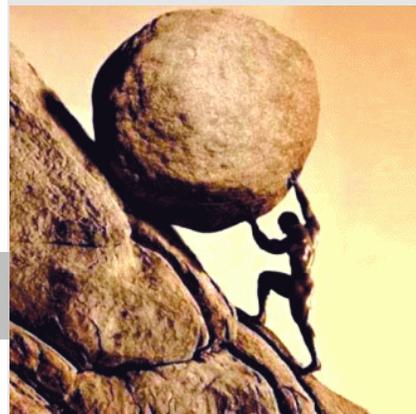
Seeking treatment from us as soon as possible is the best way to prevent toenail fungus from worsening. Home remedies for toenail fungus are often ineffective, but there are medications available to help clear the infection.

Weird Facts

- Professional ballerinas use about twelve pairs of toe shoes per week.
- The name Wendy was made up for the book Peter Pan. There was never a recorded Wendy before.
- No piece of paper can be folded in half more than 7 times

"Out of your vulnerabilities will come your strength."

Sigmund Freud





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one goal, which is to
have our clients walk
out the door
delighted!”**

Toenail Fungus (Part 2)



Doctors usually prescribe one of these three types of treatment:

- Topical creams or ointments – these usually cannot cure toenail fungus on their own and are paired up with oral medications for increased effectiveness
- Oral medications – drugs such as terbinafine or Itraconazole are the most effective treatments for toenail fungus. These are often taken for 6 to 12 weeks or longer in the case of recurrent infections
- Antifungal lacquer – this treatment can be applied to a mildly infected toenail in the same way that you would apply a coat of nail polish. Antifungal lacquer such as ciclopirox or amorolfine is painted on daily.

But we have found over the years, these treatment methods are limited, and only work on a small percentage of cases. One of the best solutions we have found for toenail fungus is our PACT machine. Treatment is non-invasive, painless and a great alternative for those people who cannot take oral medication due to liver problems or allergies.

It involves the use of a focused light and a reactive agent put on your toenails. If you would like more details on this treatment, just give us a call on 9542 3491.



**“As far as dancing goes, the doctor
says you need to stay off my feet for
6-8 weeks.”**