

# Onychomycosis

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Nail fungus is called Onychomycosis. Nails may turn yellow or brown and become thick, cracked or brittle, curled or distorted. This condition may be painful.

About 10 million Americans have this disease.

The organisms that cause this disease are called **Dermatophytes**. They are found in the yard, in clothing, in gyms, in towels and especially SHOES!

Anything that breaks the protective bond of the nail to the skin will cause onychomycosis: stub a toe, crack a nail or trim it too short.

Nail infections often spread from one nail to the next, but not usually from person to person.

We treat fungal nail infection with TERBINAFINE, an antifungal medicine. Topical treatments don't work. The treatment lasts 90 days and is taken by mouth. There are some side effects but they are rare. Your podiatrist will check this medicine versus your current med list to be sure there are no drug drug interactions. If untreated the fungus is usually benign but can cause ulceration through the skin under the nail and can cause skin infection.

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*Connie Lee Bills, D.P.M.*

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