

ONYCHOMYCHOSIS

What is Onychomycosis?

- Fungal infection of the finger nail, toe nail or the nail bed
- Fungi grow best in moist and warm places,
- Can spread from person to person
- And can spread from walking barefoot in public showers or pools
- Or by sharing nail clippers, towels or shoes
- Or if one has athlete's foot the fungus can spread to the nails.



From Google Image

Nail can be brittle, discoloured, thickened or lifted from the nail bed

Treatment.

There are non-prescription medications for nail infection

- It comes in lotions, cream, or nail polish
- There are also topical and powder anti-fungal available
- For recalcitrant infection, oral anti-fungal can be prescribed
- This needs prescription and will have to be monitored as there are side effects known to this medications.

Preventative Measures

To prevent infection and reinfection

- ✓ Don't share nail clippers, shoes, socks, towels
- ✓ Keep the feet dry
- ✓ Use 'breathable' shoes
- ✓ Dry up the shoes before putting it on again
- ✓ Use slippers or flip-flops in common areas such showers, swimming pools