

FUNGUS AMONG US

You have a fungal infection involving the nail plate on your toes. A fungus is a simple microscopic organism that lives on dead tissue of which a toenail is a good example. The fungus likes warm, dark, and wet places. (Inside of a shoe.) It is also important to realize that a fungus is a normal part of your natural skin flora along with certain types of bacteria. The fungus and bacteria live on your skin in a balanced environment. However, if the fungus were to overgrow, your immune system will attempt to kill that fungus.

In order for the fungus to have established itself under your toenail it means that you have come in contact with a fungus, and that you lack immunity too. This lack of immunity makes this a very difficult problem to treat and a difficult problem in which to have a complete and permanent resolution. Depending on the amount of involvement in your toenails we have the following treatment options open to us:

1. Do nothing.
2. Have nail professionally trimmed and reduced on a periodic basis.
3. Treat nail and nail bed with topical antifungal medication. This can be done...
 - a. Without removal of the nail.
 - b. With removal of the nail, allowing it to grow back.
4. Oral antifungal antibiotic therapy for three months
5. Total removal of the nail and treatment of the root to prevent re"growth of the nail.

Depending on the severity and the condition of your nails you and your doctor will determine the treatment plan that is best for you.