

health talk



Take Care of your nails Maintaining the Health of Your Toenails

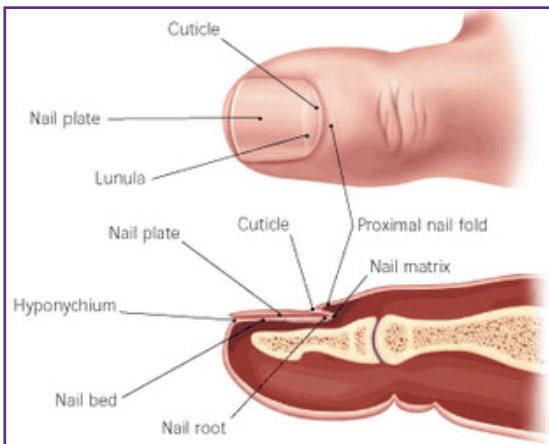
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It's important that we maintain proper nail hygiene on our feet. In our day to day activities, our toenails help to provide protection to our feet. Some of these activities include walking, running, other sports activities and even the simple act of wearing shoes can stress and strain the feet.

All or a portion of the nail plate can be damaged when the feet are injured or abused. A very common problem in toenails is nail fungus. Over 2 million people in Canada have nail fungus.

So What Is Nail Fungus?

Nail fungus is composed of microscopic organisms that infect the toenails. A fungal infection of the nail is called onychomycosis. Nail fungus thrives in dark, warm and moist environments. It invades the nail from underneath while the nail protects the fungus as it multiplies. For this reason, nail fungus can be very difficult to get rid of.



SIGNS AND SYMPTOMS OF NAIL FUNGUS

- Color of the nail changes to a dark brown color
- Nail appears to be flaky and thicker than normal
- A bad odor emitting from the nail
- A painful nail which may occur when standing



What Are The Treatment Options?

Depending on the severity of the nail fungus, oral or topical medications can be prescribed.

Talk to your Chiroprapist/Foot Specialist regarding proper treatment options if you suspect you have nail fungus. Nail fungus, if not treated, will get worse and become progressively harder to treat. To book an appointment with the Chiroprapist, please call Form and Function Wellness Centre at 905.604.9355 (WELL) for more details.

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Who Is At Risk?

- Anyone who sweats a lot in their shoes
- People who share bathrooms, locker rooms, shower stalls and swimming pools
- People who have had fungal infections in their feet.
- People who get pedicures and have been exposed to non-sterile environments
- People over 65 years of age
- People whose immune systems are compromised e.g. diabetes, circulatory problems

POINTS TO REMEMBER WHEN MAINTAINING HEALTHY TOENAILS:

- Keep your feet as dry as possible
- Wear shoes with breathable materials e.g. leather
- Wear shoes in communal areas
- Cut your toenails straight across
- Wear proper fitting shoe