

No More

UGLY Toenails!

What is Nail Fungus?

It is an unsightly infection of the nails, causing thickened, brittle, yellow, discolored and sometimes painful nails. It is very difficult to cure. It is caused by one of several microscopic organisms, similar to those that cause Athlete's Foot (dermatophytosis). These are plant like organisms that thrive in a dark, warm, moist environment, such as within shoes and stockings. They grow in the nail bed, beneath your nails, and live off Keratin, the protein in the nail.

If left untreated, fungal nail infections can affect the entire nail and surrounding skin. Call our office today!

What Causes Nail Fungus?

- Bruised or damaged nails
- Exposing nail to contaminated areas — locker rooms, bathtubs, swimming pools
- Sweaty shoes or socks
- Sharing contaminated nail instruments — nails cutters, nail polishes, cuticle cutters.

What Does It Look Like?

Toenail fungus can look very different. Some fungus are black, some are dark white and some are even yellow or greenish. In addition, cracked, dry, brittle or broken nails can be a sign of nail fungus. To be properly diagnosed and determine the best

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Although I understand the role of orthotics and how they help restore my normal foot function, they simply aren't an option for me long-term since I have to wear heels at work and I mostly wear sandals and open-toed shoes on the weekends (especially during the summer).

Is there a surgical procedure or other type of alternative to using orthotics?

Answer: Actually, there is! I see many patients like this in my practice and for these patients I usually recommend placing a small stint in the foot called the HyProCure stent, which I call the implantable orthotic. Just as an orthotic does, this implant helps to reduce overpronation, the particular type of motion in foot that in most cases directly contributes to heel pain. The procedure takes less than 10 minutes and only requires local anesthesia. Patients can walk the same day and usually return to shoes within 10-14 days.

With the heat and humidity here in Houston, sneakers and other closed toed shoes can be uncomfortable which prevents many patients from being able to use orthotics regularly. As one of only two certified HyProCure surgeons in the greater Houston area, I have performed many of these procedures with fantastic results. While this procedure isn't for every patient suffering from heel pain, it is an option for most.

Check our next issue for more answers to your frequently (or infrequently) asked questions.

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