



Beautify YOUR TOENAILS ONCE AGAIN!

In spite of the **colder temperatures**, one winter afternoon you decide to let your feet out of hibernation by removing your socks and shoes and wiggling your toes in the fresh air. That's when you notice a strange color and texture in your toenails; they don't hold the beauty that they once did in the fall. Suddenly you are embarrassed and immediately don your footwear again, afraid that someone will see those ugly toenails!

What Causes Toenails to Be Discolored and Brittle?

Nail fungus is often the culprit responsible for creating unsightly toenails. In addition to noticing the change in color and texture, patients with this condition may notice a thickening in their toenails, and sometimes pain can develop.

The microscopic organisms that cause nail fungus thrive in a dark and damp environment. Such places include sweaty socks or shoes, communal locker rooms or pool decks, and contaminated nail treatment tools. When your toes come in contact with these organisms, the fungus begins to grow in the bed of the nail, thriving off of the protein found in the nail, called Keratin.

Does All Nail Fungus Look the Same?

Although all categorized under the same condition, nail fungus can have a variety of appearances. Sometimes patients will notice a dark white or yellow color, while others complain of a greenish shade in the toenail. The texture of the nail may appear to be brittle or broken.



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What Should be Done?

Nail fungus should not be left untreated, as it will not heal on its own. If you have **diabetes**, it is especially vital that you treat this condition, as the potential of dangerous infections developing is greater. At Foot and Ankle Associates, we offer a variety of successful treatment options that will be able to help you get back to beautiful toenails once again!

- Maintain a healthy nail treatment routine by continuing to **properly trim and file your toenails**
- Ask your podiatrist about creams and ointments that are available for your use to eliminate the fungus
- Anti-fungal medications are an option for treatment
- **Laser therapy**
- If serious infection develops and all other treatment options have been exhausted, permanent removal of the nail may be recommended
- To prevent further infection, do your best to keep your feet warm and dry and always wear sandals or shoes when in communal spaces

Despite the cooler temperatures and shorter days, your feet shouldn't have to remain hidden in shoes and socks to hide unsightly fungal toenails. We can help! At Foot and Ankle Associates, **Dr. Marco Vargas** and **Dr. Joyce** Lee look forward to serving their Sugar Land area patients.

Contact us today to set up an appointment. You can call our office at

888-784-5335

or **request one right from our website**. We look forward to serving you and bringing your toenails back to their original beauty!



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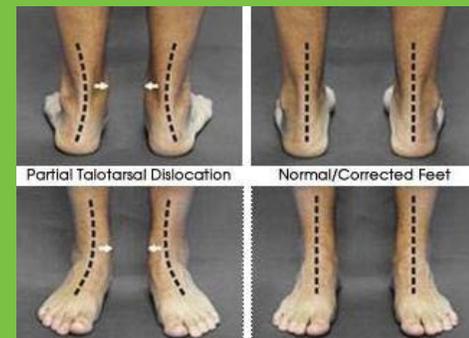
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