

FOOT & ANKLE ASSOCIATES

Is Toenail Fungus Ruining Your Party?

Many people suffer from toenail fungus. Toenail Fungus Treatments Sugar Land Houston TX Women with toenail fungus often stop wearing open toe shoes when they go to parties because they find it embarrassing. Toenail fungus sometimes hurts, and people usually have a hard time getting rid of it. The best solution is to take care of the problem, rather than hide it with closed-toe shoes or toenail polish. While some home remedies work for some people, many cases of toenail fungus require a stronger treatment.



What Is Toenail Fungus?

Toenail fungus infection happens when tiny microscopic fungi enter your body through small cuts in your skin and make their home in your toenails. At first, you may not notice it. Soon you begin to see your nails change color. Over time, they start getting thicker and harder to cut. Additionally, the fungus can spread to the skin, causing a painful, inflamed infection. If you don't seek help, your toes may become so painful that you cannot walk without limping.



Where Does Toenail Fungus Hide?

Fungus loves warm, dark, and damp places. It can hide inside shoes, on locker room floors and in public pools. Avoid walking barefoot in places that may not be cleaned frequently. If you have diabetes, circulatory problems, or immune disorders, you may have a higher risk of getting a fungal infection. Everyone should watch out for fungus, but especially those who have increased health risks!



(281) 397-3487

TheFootPros.com

Sugar Land

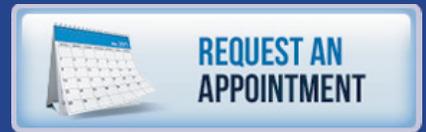
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MORE INFO

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7 Things You Can Do To Prevent Toenail Fungus

- 01** Wash your feet each day and dry them well.
- 02** Clip your nails straight across – not in a curved line.
- 03** Change socks frequently if your feet sweat.
- 04** Air out your shoes well before putting them on again – at least 24 hours.
- 05** Have extra pairs of dry shoes ready to wear.
- 06** Wear flip flops when at the pool or the gym locker room.
- 07** Check your feet daily – especially if you have diabetes.



What If I Already Have Toenail Fungus?

You may have tried medications from the drug store that did nothing. Most medicines you buy from a store like CVS or Walmart do not help and end up wasting your money and time. Dr. Vargas, an award-winning podiatrist in Sugar Land and Houston, TX can prescribe medications to take by mouth or spread on your toenails to fight the toenail fungus infection. He can also help to cure the problem with **laser treatment**.

We Can Help!

Sugar Land, TX Podiatrist, Dr. Vargas can help you or your loved one start feeling relief from your foot or ankle pain as early as your first visit. However, we want you to feel confident that your choice in a Sugar Land, TX Podiatrist is the right one. Follow the steps below and start feeling better TODAY!

1. Instantly Download Dr. Vargas' Free Report: **Top 7 Things You Need to Know Before Choosing a Podiatrist**.
2. Call 281.397.3487 to ask questions or **set up an appointment** for you or your child.
3. Enjoy our **gift of \$25 toward your first visit (Excluding Insurance Co-Pays)**.
4. Contact the office via our **online form**.

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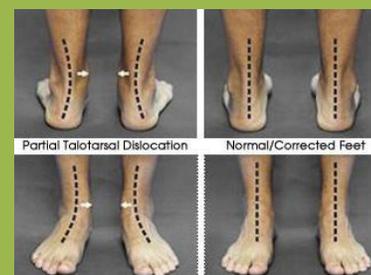
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