

What are the Best Treatments for Nail Fungus?



[CLICK on HERE to find out how you can get perfect nails and skin](#)

Onychomycosis: Causes, Symptoms, and Treatment

Introduction

Onychomycosis, commonly known as [fungal nail infection](#), is a prevalent condition that affects the nails. It is characterized by the invasion of fungi into the nails, leading to various symptoms and changes in the nail's appearance.

In this article, we will delve into the causes, symptoms, and available treatments for onychomycosis.

Causes of Onychomycosis

Onychomycosis is primarily caused by different types of fungi, including dermatophytes, yeasts, and non-dermatophyte molds. These fungi thrive in warm and moist environments, such as public swimming pools, gyms, or communal showers, making them common sources of infection.

The following factors can increase the risk of developing onychomycosis:

Poor Foot Hygiene: Inadequate foot hygiene, such as not regularly washing and drying the feet, can create an environment conducive to fungal growth and infection.

Nail Trauma: Trauma to the nails, such as from wearing tight-fitting shoes or injuring the nail bed, can provide an entry point for fungal infections.

Weakened Immune System: Individuals with weakened immune systems, such as those with [diabetes](#), HIV, or [autoimmune disorders](#), are more susceptible to [fungal infections](#), including onychomycosis.

Aging: The natural aging process can cause changes in nail structure, making the nails more prone to infection.

Peripheral Vascular Disease: Poor blood circulation in the extremities, often associated with conditions like diabetes or atherosclerosis, can impair the body's ability to fight off infections and increase the risk of onychomycosis.

Nail Salon Exposure: Visiting nail salons where proper sterilization and hygiene practices are not followed can expose individuals to fungal infections.

Symptoms of Onychomycosis

Onychomycosis can manifest in various ways, and the symptoms may differ depending on the type of fungus involved.

Common symptoms of onychomycosis include:

Nail Discoloration: The affected nail may change color, typically turning yellow, brown, or white. In some cases, the nail may develop patches or streaks of different colors.

Thickened Nails: The nails often become thickened and may appear distorted or misshapen. They can become brittle and may crumble or separate from the nail bed.

Changes in Nail Texture: The surface of the affected nail may become rough, pitted, or ridged. It may lose its natural shine and appear dull.

Foul Odor: In advanced cases of onychomycosis, an unpleasant odor may emanate from the affected nail.

Treatment Options for Onychomycosis

Treating onychomycosis can be challenging, as fungal infections of the nails tend to be persistent and resistant to treatment. The choice of treatment depends on the severity of the infection, the type of fungus involved, and the patient's overall health.

Here are some common treatment options:

Topical Antifungal Medications: Over-the-counter or prescription-strength antifungal nail lacquers, creams, or ointments can be applied directly to the affected

nails. These medications work by inhibiting the growth of fungi. However, they may take several months of continuous application to achieve desired results.

Oral Antifungal Medications: In cases of moderate to severe onychomycosis, oral antifungal medications may be prescribed. These medications are taken orally and work systemically to eliminate the infection from within.

Examples of commonly prescribed oral antifungal medications include terbinafine, itraconazole, and fluconazole. It's important to note that these medications may have potential side effects and require close monitoring by a healthcare professional.

Surgical Treatment: In certain cases, surgical intervention may be necessary, particularly when the infection is severe, causing significant pain or functional impairment.

Surgical procedures for onychomycosis include nail avulsion (partial or complete removal of the affected nail) or matrixectomy (removal of the nail matrix). These procedures are typically performed by a podiatrist or dermatologist.

Laser Therapy: Laser treatment is a relatively new option for onychomycosis. It involves the use of laser energy to heat and destroy the fungi present in the nails.

While laser therapy has shown promising results, further research is needed to determine its long-term effectiveness.

Nail Debridement: Nail debridement, the removal of infected nail material, is often performed in conjunction with other treatment methods. It helps to reduce the thickness and bulkiness of the affected nails, allowing topical or oral antifungal medications to penetrate more effectively.

Home Care and Preventive Measures: In addition to medical treatments, there are several home care practices and preventive measures that can aid in the management of onychomycosis.

These include:

1. Keeping the nails clean, dry, and well-trimmed.
2. Avoiding walking barefoot in public areas, especially those prone to fungal contamination.
3. Wearing breathable footwear made of natural materials.
4. Changing socks and shoes regularly, particularly if they become damp or sweaty.
5. Using antifungal sprays or powders in shoes to reduce the risk of reinfection.
6. Avoiding sharing nail clippers, files, or other nail care tools to prevent the spread of infection.

It's important to note that treatment outcomes may vary, and it can take several months for new, healthy nails to grow in completely. Consistency and adherence to the prescribed treatment plan are essential for successful management of onychomycosis.

Watch this video - [Best Toenail Fungus Treatment + 4 BIG SECRETS](#)

Frequently Asked Questions (FAQs)

Q1. How long does it take to treat onychomycosis?

A1. The duration of treatment for onychomycosis can vary depending on the severity of the infection and the chosen treatment method. It may take several months to a year or more to achieve complete resolution of the infection and the growth of a healthy nail.

Q2. Can onychomycosis recur after treatment?

A2. Yes, onychomycosis can recur even after successful treatment. To minimize the risk of recurrence, it's important to follow good foot hygiene practices, wear breathable footwear, and take preventive measures to avoid reinfection.

Q3. Can onychomycosis be cured with home remedies alone?

A3. While some home remedies may have antifungal properties, they are generally not sufficient to completely cure onychomycosis. Medical treatments, such as topical or oral antifungal medications, are often necessary for effective eradication of the infection.

Q4. Can onychomycosis cause complications if left untreated?

A4. If left untreated, onychomycosis can lead to further nail damage, pain, and discomfort. In individuals with weakened immune systems, such as those with diabetes, the risk of secondary bacterial infections may also be increased.

Q5. Is onychomycosis contagious?

A5. Yes, onychomycosis can be contagious. Fungal spores can spread from person to person through direct contact with infected nails or indirectly through contaminated surfaces, such as towels, nail clippers, or shoes.

It's important to take precautions to prevent the spread of onychomycosis and avoid sharing personal items with individuals who have the infection.

Q6. Can onychomycosis affect fingernails as well?

A6. Yes, onychomycosis can affect both toenails and fingernails. However, toenail infections are more common due to the warm and moist environment inside shoes, which provides an ideal breeding ground for fungi.

Fingernail infections are more likely to occur in individuals who frequently expose their hands to water or have damaged nails.

Conclusion

Onychomycosis, or fungal nail infection, can be a persistent and bothersome condition. It is caused by different types of fungi and can result in thickened, discolored nails with changes in texture. Treatment options include topical and oral antifungal medications, surgical interventions, laser therapy, and nail debridement.

It's important to consult with a healthcare professional for an accurate diagnosis and appropriate treatment plan.

In addition to medical treatments, practicing good foot hygiene, wearing breathable footwear, and taking preventive measures can help reduce the risk of onychomycosis and its recurrence.

Remember, consistency and adherence to the prescribed treatment plan are essential for successful management of onychomycosis.

If you suspect you have onychomycosis or have concerns about your nail health, it's best to seek professional advice from a dermatologist or podiatrist. They can provide a proper diagnosis and guide you through the most suitable treatment options based on your specific needs.

Author Bio:

The reason why antifungals don't work very well is because the fungus is mutating very fast due to how powerful the treatments we throw at it are.

Kerassentials is a unique blend that fungus has never been exposed to, killing it off for good and getting rid of any spores that might remain behind.

Kerassentials is an extremely potent combination of oils and skin supporting vitamins that you can apply every day after you shower to give your nail bed the boost it needs.

Ingredients - Lavender Oil, Lemongrass Oil, Aloe Vera Gel, Isopropyl Palmitate, DL-alpha-Tocopherol, Organic Flaxseed Oil, Tea Tree Oil, Almond Oil, Clove Bud Oil, Undecylenic Acid, and Manuka oil

These carefully selected ingredients will give your skin the support it needs to constantly rebuild itself and stay healthy. Kerassentials is the only complete formula that maintains the health of your nails in multiple ways.

The result

Perfect nails and skin, with the bad smell and itching completely gone forever!

When can I see results?

I know you are excited to finally rid this annoying fungus, so I can tell that you start noticing improvements immediately. Because your toenails will look more alive. The itchiness will be soothed. And within the first weeks you should be noticing new healthy pink nails growing out to replace the damaged areas. But I can tell you the biggest change will be in your confidence seeing yourself finally beat this thing that has been haunting you for so long.

To find out more about Kerassentials, click on [Getting Perfect Nails](#)

Source: <https://lovewithsex.me/?p=19255> ; <https://luv2sex.info/?p=9207>