

Onychomycosis

What is it?



- **Onychomycosis** – accounts for 33% of all fungal skin infections; a fungal infection of the nail bed, matrix or plate; toenails are affected more than fingernails; accounts for 50% of all nail diseases; occurs primarily in adults, more commonly after 60 years of age

Symptoms:

- **Symptoms**- may limit mobility, decrease peripheral circulation, thereby worsening conditions such as venous stasis and diabetic foot ulcers, can spread to other areas of the body, physical pain, may impair the ability to work; the nail may turn yellow, gray, brown or black; nail may be brittle and crack, may separate from the bed, surrounding skin may be itchy, red and swollen; disfigurement with physical and occupational limitations

Recommendations:

- **Avoid**- direct contact with high-risk areas in public places



Facts:

- **Causes**- fingernails or toenails to thicken, discolor, disfigure or split, toenails can become so thick that they press against the inside of the shoe causing pressure pain, or irritation; the nail infection may cause social, psychological or employment-related problems; affects toenails four times more than fingernails, may spread from nail to nail and foot to foot but rarely to the fingernails and hands
- **Related to**- diabetes, suppressed immune system, and increasing age; 90% of elderly people have onychomycosis; difficult to cure
- **Higher Risk**- hot humid weather, poor circulation, diabetes mellitus
- **Toenails Grow**- 1-3 mm per month, fingernails grow 2-4 mm per month

What can I do?

- **See your Health Care Provider**- for more information
 - **Medical Treatment**- topical antifungal, oral antifungal agents or surgical care

