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FOOT NOTES NEWSLETTER

ATLANTIC
foot & ankle
specialists

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every two months this newsletter provides you with information and resources that are beneficial to your foot and ankle needs. Your feedback and editorial contributions are welcome. In addition, please forward this free bi-monthly newsletter to anyone who will benefit from its content.

HAPPY MOTHER'S DAY!

May -June 2010 Issue

Stop Unhealthy Fungal Nails



Fungal Nail

During particular seasons (between November through March), toenail fungus infection is a common ailment affecting many people. The reason is because, fungus is more likely to develop in dark and damp environments, and since people usually always wear socks during winter, toenails are susceptible to fungal infection. If you have not addressed the issue yet, now should be your starting point to ask our podiatrist to stop the fungus in its tracks.

Fungal nails are an unsightly infection causing thickened, brittle, yellow, discolored nails and can be sometimes painful. 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. The condition usually begins toward the far end of the nail and may cause white or yellow-white areas that appear to be rotten or dead. If the infection continues to the base of the nail, it can invade the nail root (matrix) and cause the nail to grow thickened and deformed. Many people complain of a foul odor associated with this condition. It can also spread to other nails.

Many types of fungus are common in our environment. Among them are the dermatophytes, a group of opportunistic parasitic plant organisms, similar to molds or mildew, that, lacking chlorophyll, do not require sunlight for growth. Sweaty tennis shoes and moist socks create the perfect conditions for them. The fungi thrive in a warm, moist, dark environment and they eat the protein keratin that our skin produces. Although fungi may be present in the skin around the nails, one may not develop a nail infection without history of injury, such as bruised nails from small shoes, inflammation from an ingrown nail, or from cutting the nails incorrectly or too short. In other words, the organisms do not invade intact, healthy, normal skin or nails. Other contributing factors would be excessive perspiration, and Dermatophytosis (Athlete's Foot), which is caused by similar fungi.

Talk to our podiatrists if you think you have nail fungus.

Be The Winner :

Nail Trivia Contest on the Back

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www.atlanticfeet.com



Or Call Us Toll Free
1(888)398-9525

Because so many people suffer from foot pain we wrote a book, "The Answer To Your Heel Pain" to answer commonly asked questions.

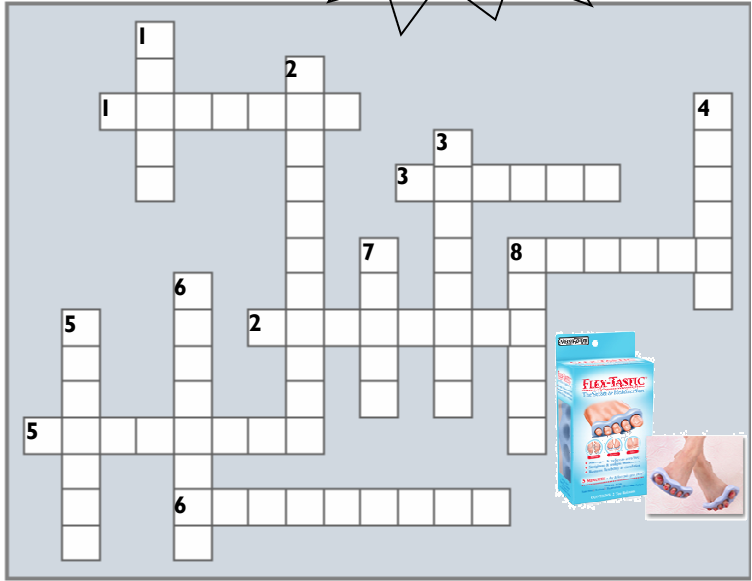
Atlantic Foot & Ankle Specialists

Nail Trivia

Be the first person to give the correct answers to Camara via mail, fax, or drop it off to the Savannah office labeled to her attention

Win a Flex-Tastic : The Secret to Healthier Feet

Ideal for Sore Feet/ Bunions/ Hammertoes/ Dress-Shoe Fatigue
There can only be one contest winner so be quick



- 1 Down: Sometimes this is used as a home remedy for nail fungus with little success
- 2 Down: You probably clip them more often than toenails
- 3 Down: Beautifying the nails
- 4 Down: Fungal infections of the feet can smell like this
- 5 Down: Applied by hand
- 6 Down: Ten of them on feet
- 7 Down: You clip them
- 8 Down: Manicure
- 1 Across: Fake nails
- 2 Across: Every woman loves to go for one of these.
- 3 Across: Fungus of the nail often causes it to turn this color
- 8 Across: People get this on their toes.
- 5 Across: Repair damaged, brittle nails
- 6 Across: People gargle with it and use it on nail fungus

Product Of The Month

Dr.'s Remedy Enriched Nail Polishes

Natural nail polish....beautifully colored nails without dangerous chemicals!



To order this product just visit:
www.atlanticfeet.com/store

Protects Nails From Fungal Disease

Product Number: 30128
 Price: \$ 16.00 / Each

Dr.'s Remedy Enriched Nail Polishes appeal to health-conscious women, including pregnant women, because it removes the potentially harmful additives found in most commercial nail polishes. Created, tested, and prescribed by doctors.



For Mother's Day treat your mom to a Spring Pedicure

Sterile Pedicure Spa

COUPON

save \$10 on our Sterile Pedicure Spa. Expires: June 30, 2010

If you give us 2 new referrals, You can save \$20.

Name: _____

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