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How to Clean Up Ugly Toenails

AS A PRACTICING podiatrist with twenty years experience, I have seen my share of nail and foot fungus. Since nail and foot fungus is not always readily observable by the untrained eye; a careful examination by a podiatrist is important. If foot fungus is left untreated, thick and discolored nails, as well as, chronic skin problems can take root.

Discoloration and thickening of the nail is a gradual process, and often takes years to develop and spread to other nails. Normal toenails are typically the same thickness as finger nails. Upon self-examination, if your toenail is yellowing, brittle or is appreciably thicker than your fingernail, there is a good chance that a fungal infection has taken hold.

Other symptoms of foot fungus include:

- Cracking and splitting of the skin: between the toes, on the heel or sole of the feet
- White, dry or flaky skin
- Redness on the bottom of the foot

Patients often ask me if they take the pill (oral antifungal medication), if it will cure the fungus infection. The simple answer is no. If you are lucky and have success with the pill, (success rate 50%), re-infection rates are very high since fungus is abundant in the environment and the pill only fights fungus during the course of treatment.

Since fungus is a mold/plant. It's important to completely dry your feet after a shower and not to wear wet, sweaty shoes after working out. If so, you are "watering the plant", causing the fungus to grow and spread.



After many years of trial and error, I have come up with a way to effectively treat fungus once and for all. Relative to other treatments, this one is safe, cost-effective and with very few (if any) side effects.

The four-part process includes:

- **Daily Antifungal Foot Wash.** Dr. Roth's Foot Wash is formulated for healthy foot maintenance; the rich lather cleans and disinfects to improve foot health and appearance. Tea Tree Oil helps the Foot Wash fight athlete's foot and to soothe and protect dry, itchy skin. It is easy to use and is applied prior to taking a shower.
- **Daily Antiperspirant Foot Spray.** Dr. Roth's Foot Spray is both antifungal and antiperspirant and is ideal for fighting smelly, sweaty feet. Use it after showering (I recommend drying your feet with a blow dryer). Spray the bottom of the feet and between the toes. Also use before athletic activities to keep your feet and shoes dry and comfortable. Tea Tree Oil and antiperspirants help your feet stay dry and fungus-free!
- **Twice Daily Nail Gel.** Dr. Roth's Nail and Foot Gel is a powerful antifungal treatment that clears fungus nails like never before! Using Mother Nature's natural fungus fighting ingredients such as Tea Tree Oil and Eucalyptus Oil. This specially

formulated gel is also an ultra-rich moisturizer that can be used to help painful cracked heels. Cover the toenail with a band aid to optimize treatment. **Treatment tip:** prior to applying nail gel rub a small amount of foaming foot wash onto the nail, do not wash off, and then apply the gel.

■ **Twice Daily Foot Balm.** Dr. Roth's Foot Balm is a silky-smooth emollient cream that is formulated for dry, cracked, flaky, and callused skin. The balm soothes and moisturizes feet while also containing a natural antiseptic that fights microbials. Tea Tree Oil and other natural ingredients help protect feet from fungus and infection.

Remember, fungus is a plant and that the solution is based in making the environment on the foot difficult for its survival. Imagine your garden is full of weeds. You remove the weeds and the garden looks great. Soon, the wind blows in unwanted seeds and again weeds become a problem. Fungus spores are everywhere, so to prevent reoccurring fungus infections a regimen of personal daily foot maintenance with Dr. Roth's Footcare Products needs to be established.

It is also important to cut your nails as short as possible. I recommend visiting a podiatrist monthly for nail cutting and for a complete removal of fungus from under the nail. Depending on the severity of the infection, treatment can take between 2-18 months. I advise my patients to continue some portion of their daily foot hygiene even after their nails appear healthy.

Ugly toe nails can be cleared up with regular visits to your podiatrist and daily care with my foot fixer kit. I invite you to bring in those ugly nails today to start the process. **OCH**

Ivar E. Roth is the only Podiatrist with full surgical privileges at Hoag Hospital and may be seen at his office located in the Newport Medical Plaza Building, Tower 1, across from Hoag Hospital at 361 Hospital Road, Suite #407. Make an appointment by calling (949) 650-1147. Courtesy valet parking is available to all his patients.

