

# Your Guide to Eliminating Fungal Toenails



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**FOOT AND ANKLE CENTER OF LAKE CITY**



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Introduction

I've been treating fungal toenails for over 40 years, and I've seen the embarrassment, frustration, and lost confidence that come with this stubborn condition. Patients tell me they avoid beaches, skip yoga classes, and feel self-conscious in their intimate relationships—all because of something that seems so simple but feels impossible to fix.

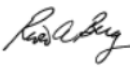
If you're reading this, you're probably one of the 35+ million Americans dealing with fungal toenails. Maybe you've tried over-the-counter treatments that didn't work, or you've been told there's no real solution. I'm here to tell you that's not true anymore.

The reason I wrote this book is simple: I want you to know that effective treatment isn't just possible—it's more successful than ever. With modern laser technology like Lunula, we're achieving 80-90% success rates in my practice. After decades of helping patients transform their nails and reclaim their confidence, I've learned exactly what works and what doesn't.

You don't have to live with the embarrassment another day. This guide will show you the path to clear, healthy nails you can finally show off with pride.

Your journey to healthy nails starts now.

Sincerely,

 Dr. Rion Berg

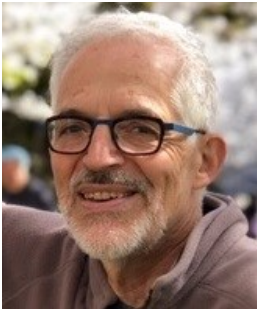


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## What Are Fungal Toenails?

Onychomycosis is a fungal infection caused by microscopic organisms that break down and invade your nail tissue. These fungi produce enzymes that dissolve nail keratin, allowing them to establish infection deep in the nail bed.

### Why They're So Stubborn:

- Fungus lives in a protected environment under your nail
- Your immune system has limited access to your nail

Most topical treatments struggle to penetrate the nail

### It's More Than Cosmetic:

While most people want their nails treated for cosmetic reasons. It's also important to get them treated because the fungus can:

- Spreads to other nails and family members
- Get progressively worse over time
- Can become painful as nails thicken and difficult to cut
- Increase infection risk in diabetics

## Who Gets Fungal Toenails?

Anyone can get them, but certain factors increase risk:

- **Poor footwear choices:** Tight, non-breathable shoes with moisture-retaining socks
- **Nail trauma:** Stubbing injuries or repetitive damage from ill-fitting shoes and high-impact athletics
- **High-risk environments:** Gym locker rooms, pools, nail salons
- **Aging:** Reduced circulation and slower nail growth
- **Diabetes:** High blood sugar compromises immune function
- **Immune system issues:** HIV, medications, chronic illness
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## What Do Fungal Toenails Look Like?

### Classic Signs:

- Yellow, white, or brown discoloration starting at nail tip
- Progressive nail thickening
- Crumbly, brittle texture
- Nail separation from nail bed



## The Treatment Revolution: Lunula Laser

**Why We Switched to Lunula in 2025:** After years of success with previous lasers, Lunula offers breakthrough advantages:

- **Faster treatment:** 4 weeks vs. 3-6 months
- **Faster results:** Clear nails in 3-6 months vs. 6-9 months

**Superior success rates:** 80-90% with comprehensive program

### How Lunula Works:

Unlike other laser treatments for fungal toenails, Lunula uses two lasers to destroy your fungus.

- The first laser creates a chemical reaction to target and kill the fungus.
- The second laser stimulates your body's immune response by increasing circulation to the nailbed.

### Why Lunula is Better:

- **Completely pain-free:** Non-thermal "cold" laser
- **No side effects:** Safe for everyone, including those who can't take oral drugs
- **Quick sessions:** Only 30 minutes each

## Our Comprehensive Treatment Program

### The 4-Component Approach:

#### 1. Lunula Laser Series

- Four 30-minute treatments over 4 weeks
- Plus maintenance sessions at 3 and 6 months

#### 2. Advanced Topical Therapy

- Tolcylen topicals for nails (with alcohol carrier for better nail penetration) and surrounding skin
- Tolcylen soaks to reduce nail fungus before, during, and after treatment.

#### 3. Shoe Decontamination

- **Tolcylen Antimicrobial Spray** eliminates fungus in footwear
- Prevents reinfection from contaminated shoes

#### 4. Prevention Education

- Lifestyle modifications to prevent recurrence
- Ongoing maintenance protocols
- Family protection strategies



Lunula laser

## Why This Comprehensive Approach Works:

- Laser kills fungus in the nail bed
- Topicals decrease fungal load on and in the nailbed.
- Shoe therapy eliminates fungus in shoes to prevent reinfection

## Education prevents new infections

### Treatment Timeline:

- **Weeks 1-4:** Initial laser series + begin topicals and shoe spray
- **Months 3-6:** Maintenance lasers + continued topicals
- **Months 6-12:** Monitor progress + maintenance protocols
- **Result:** Clear, healthy nails you can show off proudly



## How to Prevent Fungal Toenails (The Three-Point Prevention Strategy):

### 1. Smart Footwear

- Choose breathable materials (leather, canvas, mesh)
- Ensure proper fit with toe room
- Alternate shoes daily for complete drying
- Use synthetic moisture-wicking socks

### 2. Foot Hygiene

- Wash and dry feet thoroughly daily
- Anti-fungal powder if your feet sweat or if you're an athlete
- Trim nails straight across, not too short
- Inspect feet daily for changes

### 3. Environmental Protection

- Wear shower shoes in public facilities
- Don't share towels or nail tools
- Disinfect home shower weekly
- Choose nail salons with proper sanitation

### Special Precautions:

- **Diabetics:** Professional nail care every 3 months
- **Athletes:** Antifungal powder daily, immediate sock changes
- **Family members:** Treat infections simultaneously

### Why Treatment Matters More Than You Think (It's Not Just Cosmetic):

#### Health Risks:

- **Spreads to other nails** and family members
- **Gets progressively worse** without treatment
- **Painful complications** as nails thicken and deform
- **Dangerous for diabetics:** Can lead to ulcers and amputation

#### Quality of Life Impact:

- Avoiding beaches, pools, yoga classes
- Relationship impacts from self-consciousness
- Lost confidence and social withdrawal

### The Hidden Dangers of Waiting:

- **Progressive damage:** Thicker, more deformed nails
- **Secondary infections:** Bacterial complications are particularly problematic for those with diabetes
- **Spreading:** To other nails and family members
- **Treatment resistance:** Advanced infections are harder to cure

### Patient Success Story

*"Grateful to Dr Berg for helping me get rid of my toe fungus! The difference is pretty incredible, and restored my confidence in my bare feet."* - Kathryn G.

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### Don't Let Another Year Go By: Take Action Today!

You've been hiding your nails long enough. With our comprehensive Lunula laser program achieving 80-90% success rates, there's never been a better time to finally eliminate those embarrassing fungal toenails.



**Call us at 206-368-7000 to schedule your appointment today!**