



## 6 Hacks to Reduce Your Risk of Toenail Fungus

Toenail fungus. It's ugly. It's nasty. And it's embarrassing. If you know someone with toenail fungus, you've probably heard them complain endlessly about how awful it is and how it's preventing them from showing off their toes in the summer.

You may have also heard that it's tough to get rid of. Well, it is. And the problem is more than on the nail surface. Although fungal toenails look really bad on the outside of the nail, the source of the problem is in the toenail bed. That's why if it was simply a matter of applying topicals to your nails, most people would be rid of it in a snap. But because it lurks beneath the surface of the nail it's much harder to treat.

The best possible solution is to prevent yourself from getting nail fungus in the first place. Although this isn't always possible it's worth knowing the hacks to reduce your risk for toenail fungus. (over)

## Crunchy Broccoli Salad

Spring is here. Bring on the vegies!

### Ingredients

- 8 cups fresh broccoli florets (about 1 pound)
- 1/2 cup dried cranberries
- 1 bunch green onions, thinly sliced
- 1/2 cup dried cranberries
- 3 tablespoons canola oil
- 3 tablespoons seasoned rice vinegar
- 1 tbsp. of honey
- 1/4 cup sunflower kernels
- 1/2 cup chopped pecans
- 3 bacon strips, cooked and crumble



In a large bowl, combine broccoli, green onions and cranberries. In a small bowl, whisk oil, vinegar and honey until blended; drizzle over broccoli mixture and toss to coat. Refrigerate until serving. Sprinkle with sunflower kernels and bacon before serving. Yield: 10 servings.

Adapted from Taste of Home (<https://www.tasteofhome.com/recipes/crunchy-broccoli-salad>)

### **Wear Socks That Wick Away Moisture**

Fungus loves to grow in a moist, dark environment. If you're a runner, love to hike, or have other athletic pursuits your feet are going to sweat when you're active. To combat fungus from growing you need to keep down the moisture levels in your shoes and socks.

Synthetic socks such as polypropylene or polyethylene are the best socks for wicking away moisture. Socks I recommend for runners are Thirty 48 made of Coolmax fabric or Wrightsock Coolmesh II. For hikers I recommend SmartWool Trekking Socks.



### **Use An Ultraviolet Shoe Sanitizer**

Another excellent way to keep your shoes dry and free of fungus is by using an Ultraviolet (UV) Shoe Sanitizer. UV Shoe sanitizers eliminate 99% of all fungus and bacteria from your shoes in 15 minutes.

### **Wear Flip Flops In Pool and Gym Locker Rooms**

Nothing screams fungus like a pool or gym shower and locker room. Never ever go barefoot in these fungal hotbeds. Although I often tell my patients not to wear flip flops for everyday wear, this is the one time I absolutely recommend them.



### **Do A Home Pedicure**

Nail salons can pass along nail fungus if they don't properly clean their tools and footbaths. It's always best to check ahead of time by asking how they sterilize their equipment (autoclaving is the best) and footbaths between clients. In addition, never let them cut your cuticles. Fungus and bacteria can enter the body through skin breaks. The best way to avoid fungus is to do a home pedicure.

### **Don't Share Nail Tools With Friends or Family Members**

Nail fungus can spread among family members and friends who share nail tools. It's best for each person to have their own set of nail tools and avoid sharing with friends. If you need to share, be sure to clean and sanitize properly.

### **Keep Your Weight Down**

Onychomycosis or nail fungus has been found much more frequently in people who are overweight or obese. It is also found often in people with diabetes. People with diabetes who have nail fungus are three times more likely to develop a foot ulcer than people without nail fungus.

If you think you have nail fungus, come in today for a consultation to determine the best way to treat it. Our office uses laser and other methods to give you the best chance for eliminating it.

**Call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also request an appointment online.**