

### The Return of Fungus

Actually this is not about the return of anything other than to this topic. Fungal infections are the single most common infection of the foot. Whether on skin or in the nails, these infections abound.

Toe nail fungus is extremely common and the infection risk increases as we age. The reason is two-fold. First, our environment is covered in a layer of fungus. It is everywhere we go, like dust. Over time we are constantly exposed and the longer we are exposed the greater the chances are that we will develop this infection. But, there is another factor: susceptibility, which must come into play. Some people are more susceptible than others for a variety of reasons. Genetics, circulation, trauma (even too tight of shoes), drug therapy and health status to name a few.

So what to do? Effective treatment of nail fungus has a pretty short list. I said "effective". There are those "natural" remedies that have no scientific support (and also, by the way have poor- if any- result) as well as those over-the-counter home remedies that keep popping up like mouth wash and cold medicine ointments that I am amazed are actually recommended by some of my medical colleagues! We come down to three, yes three, treatment options that have a reasonable level of success, as well as science to back them up. Yes, real medicine.

#1 Nail removal, permanent elimination of the nail(s). Removal of the nail may seem drastic, but in some cases it may well be the most effective. No nail, no infection. We can get along fine without a nail.

#2 Oral medications. Oral medications were approved for use in nail fungal infections many years ago and have a high success rate; somewhere between 60-80 %. However, there are, of course, associated risks with these - including potential liver side effects and interactions with other medications, so some people are simply not candidates... or not willing to take these medications.

#3 Most recently on the scene are lasers. Laser medicine is growing in many areas, and this is one of them. Lasers have been FDA cleared for "temporary clear" meaning you may not cure the condition but clear it for a time; however, this is just as true with the oral medications as well. Lasers have about a 70% success rate with no risks or side effects, kinda hard to beat.

Clearing nail fungus takes time. You have to grow a new nail and that can take 6 months or more. If you ladies want those nails to shine next summer, **now**, is the time to treat.

Fungus is everywhere and fungal infections of the feet are very, very common. Fortunately, we live in a time where there are finally alternatives that really work and can improve the quality of life for so many. Contact a foot fungal expert such as myself for care.

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## Pumpkin Roll

Easy yet elegant, everyone will be impressed!

Cake:

- 1/4 cup powdered sugar (to sprinkle on towel)
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1 teaspoon ginger
- 1/2 teaspoon salt
- 1 teaspoon lemon juice
- 3 large eggs
- 1 cup sugar
- 2/3 cup canned pumpkin
- 1 cup walnuts, finely chopped

Filling:

- 1 pkg. (8 oz.) cream cheese, at room temperature
- 1 cup powdered sugar
- 4 tablespoons butter or margarine, softened
- 1/2 teaspoon vanilla
- Powdered sugar (for decoration)

**PREHEAT** oven to 375° F. Grease 15 x 10-inch jelly-roll pan; line with parchment paper. Grease and flour paper. Sprinkle a thin, cotton kitchen towel with powdered sugar.

**COMBINE** flour, baking powder, spices and salt in small bowl. Beat eggs and sugar in large mixer bowl until thick. Beat in pumpkin and lemon juice. Stir in flour mixture. Spread evenly into prepared pan. Sprinkle with nuts.

**BAKE** for 13 to 15 minutes or until top of cake springs back when touched. (If using a dark-colored pan, begin checking for doneness at 11 minutes.) Immediately loosen and turn cake onto prepared towel. Carefully peel off paper. Roll up cake and towel together, starting with narrow end. Allow to cool.

**FOR FILLING:**

**BEAT** cream cheese, 1 cup powdered sugar, butter and vanilla extract in small mixer bowl until smooth. Carefully unroll cake. Spread cream cheese mixture over cake. Reroll cake. Wrap in plastic wrap and refrigerate for about an hour. Serve like a jelly roll.

