

## October 2015



### **There's a Fungus Among us and Summer is on its Way**

We have all heard that catchy little phrase, and it is usually used in humor...however, it holds more truth than most understand.

Fungi (the plural) and its' cousins (mold and yeast) are everywhere, and given the right environment they can thrive. As a general rule, molds rarely affect the human body as opposed to yeast and fungus. In regard to infecting the human foot, fungi lead the pack.

Fungi are everywhere we go, kind of like dust. We are constantly exposed to them and at some point they can become a true infection.

There are many reasons why these seemingly benign organisms become infective. Genetics frequently play a role. Some people simply are more sensitive to them - their immune system is less able to fight them off. A suppressed immune system can also come from illness or certain drug therapies that may increase the risk. Trauma plays a role particularly when involving the toenails. Trauma can alter the normal blood flow and cause tissue disruption, allowing fungus to become established. Trauma can be from a blow to the toes or simply from wearing shoes that are too tight.

Fungi are also the cause of Athletes Foot infections. Usually the same organisms that cause an infection in the nail are the source of the skin infection too. Many times a life long battle with Athletes Foot is a set up that leads to fungal infections in the nails as we grow older.

There are many ways to try and battle and even prevent fungal infections of the foot when it involves the skin, however the nails are a different story. For the skin, keep the feet clean, wash them daily and dry them well. Use an anti-fungal cream or lotion regularly. Sprays may work, but end up on other surfaces and in the air. Be sure to wear clean socks every day and if your feet sweat a lot, change socks during the day and use a light dusting of an anti-fungal foot powder. Don't wear the same shoes every day, mix them up, and let them dry thoroughly before wearing them again.

Cont. next page

## *October Special*

## *Biofreeze*

**\$13.00** reg. \$15.00

Biofreeze products provide temporary relief from minor aches and pains of sore muscles and joints associated with simple backache, arthritis, bruises, strains and sprains.



Either use a light dusting of anti-fungal powder, or one of the available sprays in your shoes.

Fungal nail infections are certainly treatable but truly curing them is a challenge at best. First let me dispel the "urban legends" of fungal nail treatment. Every so often "home remedies" make it into some publication and make the rounds, things such as "Vic's", Listerine, vinegar and bleach soaks being touted as that long sought "cure". Simply put, they are not. In reality any antifungal activity these items have chemically is minimal at best. If you cured your fungus with any of these, you didn't have fungus to begin with. Many other skin conditions can mimic fungal infections so therapy must be directed at the true cause.

Here is the low down on therapy that has the best chance of success in treating, not curing. There are a number of oral medications that are FDA approved for treating nail fungus with two of them showing a high degree of success, in fact the highest degree of all the choices. The biggest concern for use is the potential for the oral medications causing a problem with your liver, which although potentially serious, is not at all common.

Next in the success category is laser. Several years ago the FDA approved certain types of laser for "temporary clear" of nail fungus. Laser can be quite effective, a bit less than the oral medications in my experience, but there are no side effects to be concerned about and treatment can be repeated as often as one likes.

Then there are the FDA approved topical medications. There are a few choices here. These have nowhere near the success rate as those above but potential side effects are minimal. These however, are VERY expensive. Over the counter medications in this category cure little else than a bulge in your wallet, they fail miserably.

In any case, these therapies can be of benefit for most people who have a proven fungal nail infection. In all cases clearing a fungal nail infection takes time. Expect 9-12 months for clearing to occur. Summer is right around the corner (in fungus time) so treat now for a chance to have those nails you won't be ashamed of next summer.

So, my point? Therapy with a proven track record must be used for a true chance of success in treating nail fungus. Call us, we can help.

For more information on treating a fungal foot infection, or any foot and ankle health concern, contact Dr. Kim Gauntt at <http://www.oregonfootcare.com/>.

## Recipe Corner

This is Dr. Gauntt's favorite meatloaf (loaf of meat, according to his daughter Morgan). The first time his wife Judy made it she accidentally made it with the topping in with the meat, then corrected it the second time, but Dr. Gauntt liked it better the first way, so.....

### Meatloaf

1 1/2 lbs ground beef	1/2 cup chopped onion
1 tsp salt	1 cup bread crumbs
1/4 tsp pepper	1 cup milk
1/2 tsp Accent or Mrs.Dash	2 eggs

Mix above ingredients all together in a big bowl, then (in a separate bowl) mix together: 1 cup catsup, 1/2 cup brown sugar, 1 tbs. dry mustard and 1 tsp. of nutmeg. Mix these well, then put half of the mixture in with the meat mixture, put the meatloaf in a pan, then spread the other half of the catsup mixture over the top of the meatloaf and bake for about 2 hours in a 350 degree oven (325 if glass pan).

Every Dog  
Counts!  
October  
is Adopt-  
A- Shelter- Dog  
Month

## The Story of Snooki

What started out as a trip to Willamette Humane Society in May to look for a farm dog turned into the greatest rescue.

When I was there I thought I'd take a quick peek into the small dog room. There she was, a little white dog with a little pink dress on, just quietly looking up at me.

They told me she had been turned in by the owners after being attacked by a large dog.

She had old open wounds on both sides of her abdomen, mammary mass, dental disease, MLP and fleas.

I didn't need another dog. But I was back there the next day loving on her with the staff hoping I would take her home.

Her body was disfigured, hence the dress. But I told her I would have fun dressing her and that we all have body issues that we work to cover up!

She was not used to being loved on and was very stiff and afraid when you held her.

She was also very afraid of men. Now, you can kiss on her, she loves my husband and her hair has grown back nice and fluffy. (But it's still fun to dress her!)

**(Snooki is a loving member of Michelle's parents' family)**

