

Nailing Down The Facts

Your Nails May Be Home To An Infection

(NAPSA)—Your health may be in your hands in more ways than you realize, because the condition of your nails may be trying to tell you something. Healthy fingernails and toenails tend to be smooth, somewhat curved and slightly pink in color. Abnormalities in your nails may indicate medical problems.

“People do not realize that we can tell a lot from examining a patient’s nails. We can see signs that would prompt us to investigate for diagnoses such as infection, anemia, even cancer or kidney problems,” says Dr. Joseph L. Jorizzo, professor and chair of Wake Forest University School of Medicine’s Department of Dermatology in Winston-Salem, NC. “The earlier nail abnormalities are detected, the more likely it is that we can properly treat the patient and perhaps prevent further damage.”

One common abnormality afflicting about 35 million Americans is onychomycosis or nail fungal infection. Many people are at risk for getting onychomycosis, especially people with diabetes, who are almost three times as

Do You Have a Fungal Nail Infection?

If you or a member of your household answer “yes” to any of the following questions, you should consult your physician.

- My nail(s) have white patches, a yellowish-brown color, or another abnormal color.
- My nail(s) have become thick, flaky, and/or distorted.
- This nail condition seems to be getting worse or spreading to other toenails and fingernails.
- My toenails cause me discomfort when I wear shoes.
- I have felt pain in my thick, flaky or discolored nails.
- My nails interfere with my work or daily activities.



likely to get it than non-diabetics. It is one of the hardest-to-treat forms of dermatological infection because the tiny organisms primarily causing the infection, called dermatophytes, penetrate and live deep beneath the surface

of the skin under the nail bed. An infected nail separates from the nail bed and becomes increasingly brittle and crumbles away.

A doctor may prescribe an oral antifungal treatment such as Lamisil® Tablets (terbinafine hydrochloride tablets). Unlike surface treatments, Lamisil is a pill that works through the bloodstream to target and attack the infection at its source, underneath the nail. More than 15 million patients have been prescribed Lamisil worldwide; it is the most frequently prescribed treatment for nail fungal infections in the world.

Lamisil Tablets have a well-established tolerability and safety profile. They are not for people with liver or kidney problems. Rarely, serious side effects in the liver or serious skin reactions have occurred, so your doctor may do a simple blood test to check for liver problems. Other side effects including headache, diarrhea, indigestion and rash were generally mild.

For information about onychomycosis and treatment, visit www.lamisil.com or call 866-879-4108.