

# National Poll Reveals Americans Cover-Up Serious Infection

## *A Potentially Serious Health Risk For Millions*

(NAPSA)—Americans are notorious for cover-ups. From Watergate to the Lewinsky affair, to masking bad breath with mints or coloring those pesky gray hairs, we're all guilty of the occasional cover-up.

In a recent survey of more than 1,000 Americans, two thirds of those surveyed said they cover up bad breath. One third tried to cover up a rash, and nearly one quarter said they tried to cover up their feet because of their appearance. But doctors now warn that covering up some unpleasant foot problems, such as toenail fungus, can actually put your health at risk.

An estimated 18 million Americans are infected with onychomycosis, an infection in the nail bed that may cause the nail to thicken, become yellow, brittle and even painful. Many of those infected by onychomycosis don't even know it. For some people, such as diabetics, nail fungal infections may lead to secondary bacterial infections.

"People are very embarrassed by fungal nails, so they try to cover them up by using dark nail polish," explains Dr. Seema Ram-Charitar, a foot surgeon at Mount Sinai Hospital in New York City who treats many onychomycosis patients. "They use Band-Aids, and sometimes they wear closed-toe shoes all year long. Fungus is very resistant to treatment, since it lives underneath the nail and in the nail root," Dr. Ram-Charitar explains. "It's not a problem that's just going to go away."

According to Dr. Ram-Charitar, the most effective way to treat onychomycosis is with an oral medication such as Lamisil® (terbinafine HCl tablets) Tablets, the number one prescribed oral treatment for onychomycosis in the U.S. Lamisil Tablets are taken once daily for toenail or fingernail onychomycosis.



The study was conducted by Research Perspectives, Inc. via a national telephone omnibus survey. A total of 1,010 interviews (535 with female adults and 475 with male) interviews were completed. The survey has a margin of error of plus-or-minus three percent (3%).

If you think you may have a nail infection, see your doctor for treatment. Call 1-800-282-1697 for free educational materials, or visit [www.lamisil.com](http://www.lamisil.com) for information about nail fungal infection and treatment options, such as Lamisil Tablets.

Lamisil Tablets are the number one prescribed oral treatment for onychomycosis in the U.S., and are used by over 17 million patients worldwide. Lamisil Tablets are taken once daily for toenail or finger onychomycosis. The drug attacks dermatophytes, the most common organism associated with nail infections. Lamisil is not for people with liver or kidney problems. Rarely, serious side effects on the liver or serious skin conditions were reported, so your doctor may do blood tests. Other effects were generally mild and included headache, symptoms of stomach upset, indigestion and rash. As with any prescription medicine, consult your physician to see if Lamisil Tablets are right for you.