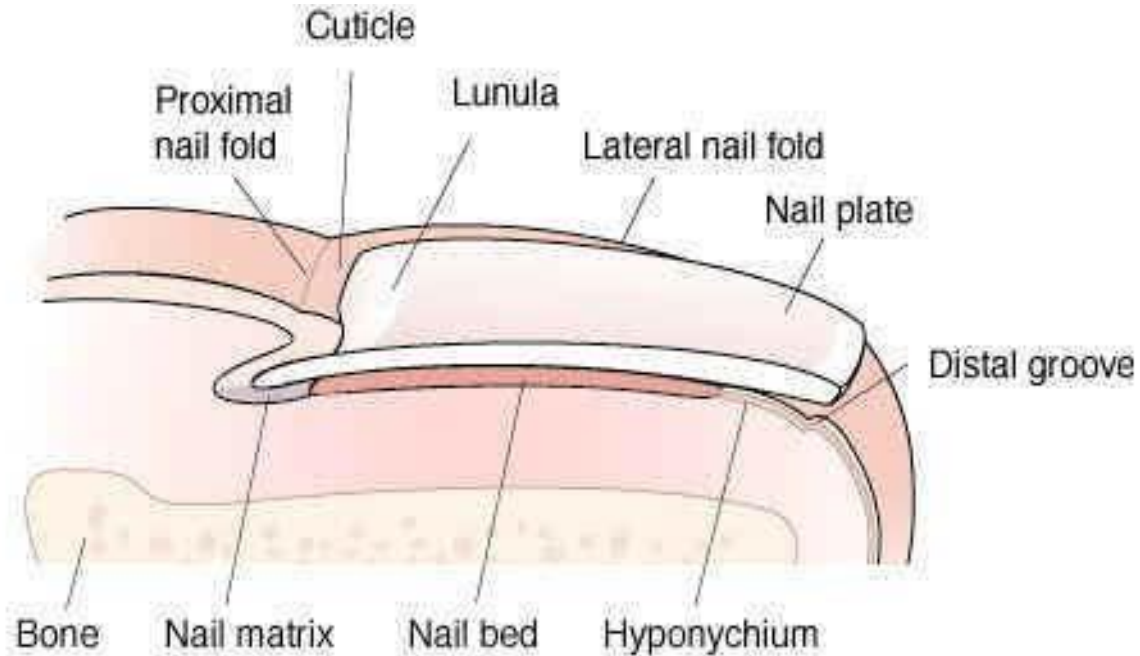


# How to treat fungal nail infections successfully

Mr John Miller BHSc (Podiatry) MBA

# Background

## Structure of the nail



# Patterns

## Five Patterns of Onychomycosis:

1. Disto-lateral Onychomycosis (DLSO)
2. White Superficial Onychomycosis (WSO/SWO)
3. Proximal Subungual Onychomycosis (PSO)
4. Endonyx Onychomycosis (EO)
5. Total Dystrophic Onychomycosis (TDO)

# Patterns

## Five Patterns of Onychomycosis:

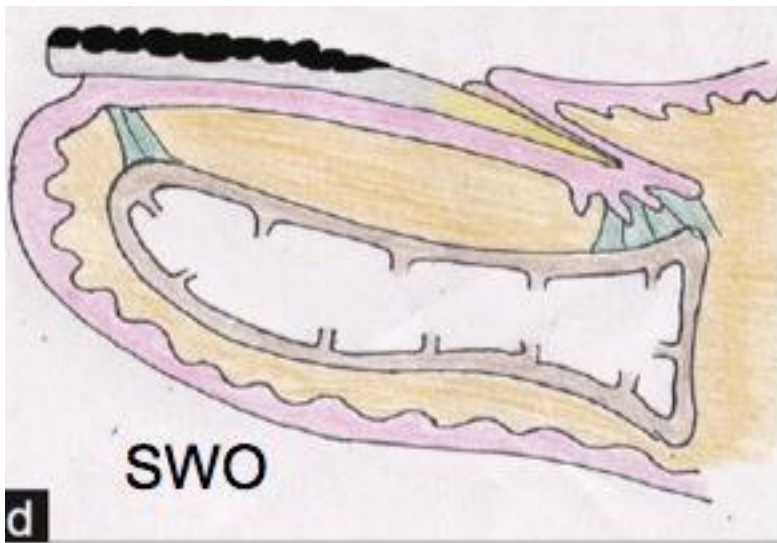
1. Disto-lateral Onychomycosis (DLSO) – most common



# Patterns

Five Patterns of Onychomycosis:

2. White Superficial Onychomycosis (WSO/SWO)

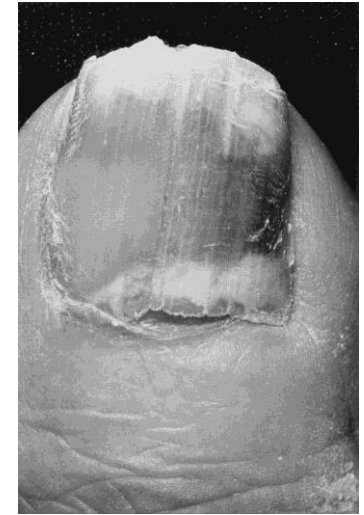


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# Patterns

Five Patterns of Onychomycosis:

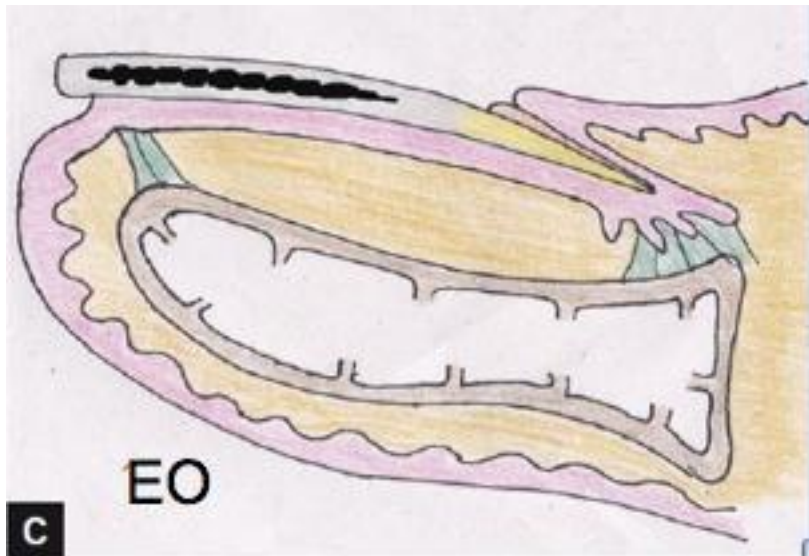
3. Proximal Subungual Onychomycosis (PSO)



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# Patterns

Five Patterns of Onychomycosis:  
4. Endonyx Onychomycosis (EO)

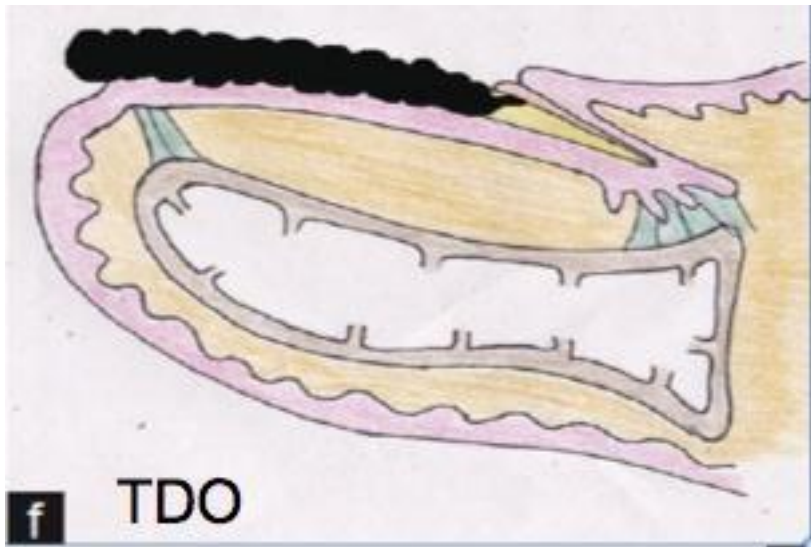


How to treat fungal nail infections successfully

# Patterns

Five Patterns of Onychomycosis:

5. Total Dystrophic Onychomycosis (TDO)



How to treat fungal nail infections successfully



# Treatment

## Mechanical

- Reduce and shorten nails
- Removes bulk infected tissue
- Immediate improvement in appearance
- Immediate improvement in comfort
- Preparation for other treatments
- Treatment of symptom only

# Treatment

## Laser

- Non-drug treatment
- Direct lethal effect- Photothermolysis of the fungal cell wall
- Instantly obliterates all varieties of fungus
- No damage to other tissues
- Quick
- No side effects

# Treatment

Combinations

Topical + Mechanical

Laser + Topical

Oral + Topical

# Preventing Reinfection

If you're going to treat nail fungus then you must commit to:

## Shoes

- The most overlooked site for reinfection!!!
- Pharmacy products often do not kill fungal spores

## Socks / Linin

- Must wash at 60 °C

## Shower

- Bleach
- In public showers wear jandals

## Skin

- Treat Tinea Pedis asap