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A Crash Course to Battle Toenail Fungus

- John M. Sigle DPM, FACFAS Foot & Ankle Center of Illinois, Illinois Laser Center
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FOOT & ANKLE CARE

Dr. John Sigle



Dr. John Sigle has been providing podiatric care in Springfield and central Illinois since 2004. Sigle specializes in all areas of foot and ankle care including trauma, ankle fractures, Achilles ruptures, ankle and foot pain, heel pain, arthritis, ingrown toenails, hammer toes, toenail fungus, diabetic ulcers, bunions, fusions, revisions and total ankle replacement.

Many American's are still waiting to hear the final word about major league baseball. Many of us are optimistic that there will be some sort of play this season even if it is not what we are accustomed to. During the coronavirus pandemic, I have become some sort of coach potato and immersed myself in sports related specials and movies. Of course, I have not missed an episode of Michael Jordan's, *The Last Dance*. I also got a good laugh watching *Bull Durham*, an old favorite of mine. This movie centers around a love triangle that develops during a minor league baseball season between the team's intelligent, sophisticated, and sexy mascot, Annie, (played by Susan Sarandon), an up and coming rookie pitcher named Nuke LaLoosh (played by Tim Robbins), and an embittered former major league catcher named Crash Davis (played by Kevin Costner) who is demoted to the minors to teach Nuke how to make it into the bigs.

I'm sure those of you have seen the movie recall Crash's famous "I believe in the soul, etc., etc., etc." speech, or the "I never told him to stay out of your bed" speech; however, I wonder how many of you remember Crash's speech in the team locker room when he counseled Nuke about **toenail fungus**?

Yes, [toenail fungus](#)! As Crash held up a pair of Nuke's filthy, infected flip flops, he said...

"Your shower shoes have fungus on them. You'll never make it to the bigs with fungus on your shower shoes. Think classy, you'll be classy. If you win twenty in the show, you can let the fungus grow back and the press'll think you're colorful. Until you win twenty in the show, however, it means you are a slob!"

Except for the last sentence, that quote is music to a podiatrist's ears. By no means is anyone a slob who has toenail fungus; but anyone who has it faces an uphill battle to get rid of it. It's a battle because fungus is everywhere in our environment. You can contract it walking barefoot at the pool, in a locker room, or a shower stall. It can be in the carpet at a hotel room or on the floor in an airport as you walk through inspection. You can get it when you get a nail salon during a pedicure if the environment, supplies, and instruments are not sanitized. It can even be lurking in your home or in your shoes.

I'm sure everyone who has this condition wishes there was a fast remedy, but there is no quick fix with conventional remedies like over the counter topical creams, prescription lacquers, or oral medications. Each of these remedies is a long tedious process that works less than half the time. Many of the common advertisements you see on TV or in magazines are misleading. Efficacy rates are not always accurate, risks are sometimes understated, and treatment costs can be higher than you think.

Until recently, getting rid of toenail fungus was nearly impossible. New developments in laser technology have changed this and lasers are now considered to be the gold standard treatment for toenail fungus.

There are several lasers on the market for treating toenail fungus but they all vary in intensity, spot size, and treatment protocol. Average treatment times range from ten minutes to an hour. One to four treatments are required depending on the type of laser that is used and severity of the infection.

Excellent results have been achieved by podiatrists throughout the country. Improvement is seen in over 70-75% of the patients with a cure rate of 70-85%. A clear nail begins to emerge in 3-4 months and a totally new nail to emerge emerges in 9-12 months.



There are also other products that are often used in conjunction with laser treatments for added protection. These include the [Keryflex Nail Restoration System](#) and [Sterishoe Ultraviolet Shoe Sanitizer™](#).

The Keriflex Nail Restoration is a relatively new advancement that allows the client to have natural looking cosmetic nails immediately following the first laser treatment. A series of treatments are applied to the existing nails until the new nail growth has completely cleared. The Sterishoe Ultraviolet Shoe Sanitizer™ is

another product used as added protection to kill bacteria associated with Athletes Foot and fungus. Each shoe insert includes a fan to dry the inside of the shoe during non-use.

If you are interested in getting rid of your toenail fungus and seeking laser treatment, select a practitioner who can provide you with a comprehensive blueprint to manage your condition; and a realistic timeframe.

If you want to schedule a consultation with a board certified podiatrist with years of experience in laser therapy, contact Dr. John Sigle at (217) 670-2160 at the [Foot & Ankle Center of Illinois/Illinois Laser Center](#) conveniently located in Springfield, Decatur, Taylorville, Sullivan, Shelbyville, and Carlinville.

Visit myfootandanklecenter.com to view a short video about the Cutera Genesis Plus laser treatment and to listen to patient testimonials. The website also has information about the new Keriflex Nail Restoration System and photographs of nail dystrophies that are well-suited for this treatment.