

Don't Let Nail Fungus Steal the Show



Hello Forward Family!

Ever noticed your toenails looking yellow, thick, or crumbly? Don't worry—you're not

alone! In fact, nail fungus affects nearly **1 in 10 people**. *But here's the good news: it's treatable!*

At Forward Foot & Ankle Center, we don't just cover it up—we go after the root of the problem so your feet can shine again.

What is Nail Fungus?

Nail fungus (also called onychomycosis) is an infection that sneaks in through tiny cracks in your nail or skin. It can make your nails:

- Discolored (yellow, white, or brown)
- Thick or brittle
- Painful in shoes
- Sometimes even lift off the nail bed

It might start small, but if ignored, fungus can spread to other nails—or even to loved ones in your home.

How We Treat Nail Fungus at Forward Foot & Ankle

We take a multi-step approach to give you the best chance at clear nails:

1. Laser Nail Therapy – Our Class IV laser targets fungus under the nail safely and painlessly, without damaging healthy tissue.
 2. **Tolcycen® Antifungal Solution** – A prescription-strength topical that not only fights fungus but also improves the nail's appearance.
 3. **Essential Oils** – Natural oils like tea tree and oregano can support healing and prevention when paired with medical treatments. We've made it easy for you to order the ones we recommend: [Click here to order the essential oils.](#)
 4. **KeryFlex® Nail Restoration** – A cosmetic fix that instantly transforms a damaged nail into a natural-looking one while your real nail grows back.
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 **Marlinz Pharma**





Fun Nail Fungus Facts (Myth-Busters Style)

- **Myth:** Nail fungus only happens to “older people.”
Truth: Anyone can get it—even kids and athletes. We see it in soccer players all the time!
- **Myth:** Painting over fungus makes it go away.
Truth: Sadly, nail polish can actually trap moisture and make fungus thrive.
- **Fact:** Fungus loves warm, damp environments (locker rooms, public pools, gyms, and sweaty shoes).

Forward Tips to Keep Fungus Away

1. Always wear shower shoes at gyms, pools, or hotels.
 2. Change socks daily (bonus points for moisture-wicking fabrics).
 3. Spray or treat your shoes regularly—fungus loves dark, sweaty spaces.
 4. Don't share nail clippers (fungus loves hand-me-downs).
 5. Rotate your shoes so each pair has time to “air out.”
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