

Foot Facts

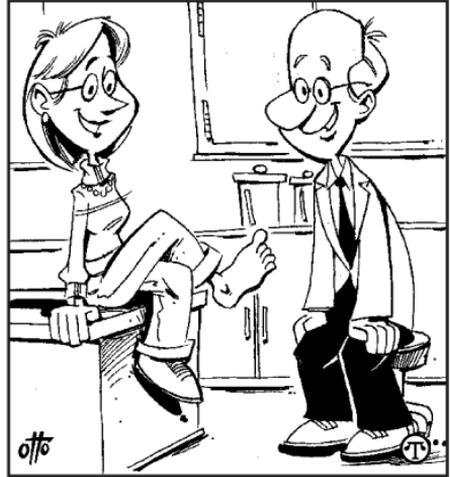
Getting A Foothold On Nail Problems

(NAPSA)—Onychomycosis, commonly known as nail fungus, is a health problem that may affect nearly 30 million Americans and up to half of the older population. Now, patients report that they are finding satisfaction in treating this embarrassing condition, without ever having to swallow a pill.

Nail fungus is a persistent infection that attacks the nail plate, causing changes in the color, texture and thickness of the nail. The nail may be easily broken, and may thicken and cause discomfort, especially when shoes are worn. People with nail fungus may have difficulty walking, and the infection can spread to other nails, other parts of the body and other people.

For the past year, patients have found help in a topical prescription treatment called Penlac™ Nail Lacquer. Penlac is the only prescription topical therapy to be approved by the Food and Drug Administration for the treatment of toenail and fingernail fungus. Penlac is applied once-a-day with a brush to all affected nails for up to 48 weeks.

A recent survey conducted by Selya Associates and directed by the National Onychomycosis Society (NOS) showed that patients are pleased with this topical medication. The survey of 1,750 patients who were using Penlac, or who had completed a course of Penlac therapy within the previous 12 months, reported that 87 percent of patients found Penlac easy to use. Additionally, 65 percent reported improvement of their nails after using it. Also, a majority of patients surveyed indicated that the possible health risks associated with oral antifungal treatments discouraged their use for treating nail fungus.



According to Jim Short, executive director of the National Onychomycosis Society (NOS), "People had been seeking alternative prescription therapy. Penlac has generated a lot of interest in that area."

"The advantage with Penlac is that it penetrates the nail and targets the actual site of infection without the risk of drug reactions and interactions inside the body," adds W. Philip Werschler, M.D., dermatologist and Assistant Clinical Professor at University of Washington School of Medicine. "Given the reduced need to monitor patients for these effects, Penlac therapy may offer a cost benefit."

The best way to prevent nail fungus is by practicing good foot hygiene, such as bathing and towel-drying feet regularly, and using footwear that does not promote infection, such as cotton socks. If you suspect you have nail fungus, see a medical professional, and for more information about this condition, log on to www.nailfungus.org.

The NOS is a not-for-profit resource clearinghouse dedicated to providing people with nail fungus useful information on all current prescription therapies available in the United States.