



# HARVEY R. DANCIGER, DPM

Advanced Foot and Ankle Care



## Fighting Fungus This Fall

**You CAN reduce your risk of a fungal nail infection!**

The fall season is upon us. Before you trade in your sandals for socks and shoes or run out to grab any of the pumpkin-spice options now available, know this:

Toenail fungus is a year-round problem!

Sandal season might be coming to an end—even here in the Coachella Valley—but it doesn't mean you can stop protecting your feet. In fact, fungi thrive in warm and damp environments—like the inside of a sweaty shoe or the floors of gym locker rooms and showering areas.

Here are some tips to give you the best chance at fungus-free feet:

- Change sweaty or damp socks as often as necessary
- Alternate shoes to allow ample time for your footwear to dry out
- Don't pack those sandals away for good (continue to wear them, or shower shoes, at the gym)
- Keep up with good hygiene—wash feet every day and dry thoroughly; trim nails straight across and even with tips of your toes
- **Make sure pedicure tools are sterilized**
- Don't borrow towels, socks, or shoes from others
- Treat feet and footwear with an anti-fungal product

Sure, you might start spending more time with your feet encased in socks and shoes, but beware of the "out of sight, out of mind" trap – you still need to watch your toenails for signs of discoloration, distortion, and thickness!

**Remember, the earlier you spot symptoms, the faster we can provide treatment to restore your nails back to health.**



**REQUEST AN APPOINTMENT** 

**OUR OFFICE**

74000 Country Club Dr, Ste A-2  
Palm Desert, CA 92260

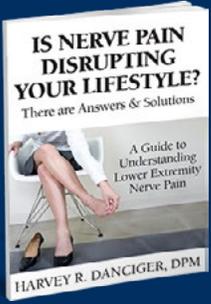
**VIEW MAP** 

**OUR WEBSITE**

[CoachellaValleyPodiatrist.com](http://CoachellaValleyPodiatrist.com)



**CALL NOW: (760) 568-0108**



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## Watch for Signs of Toenail Fungus Trouble

### Speaking of spotting symptoms...

Here are fungal toenails signs and symptoms you should be on the lookout for:

01

**Yellow streaks or white spots**

02

**Thick, brittle, and misshapen nails**

03

**Loss of natural luster**

04

**Painful wearing shoes**

05

**Debris building under nail or nail lifting from bed**

06

**Foul odor**

**These symptoms will NOT go away when left unaddressed!**

**MEET YOUR DOCTOR**

**DR. HARVEY DANCIGER**



Dr. Harvey R. Danciger's practice is founded on three basic principles: trust, caring and a commitment to excellence in podiatry.

We view each patient as an individual. We view our relationship with our patients as a sacred trust and work hard everyday to deserve that trust. Patients come first!

**LEARN MORE**



**READ OUR BLOG**

# Fungal Nail Treatments to the Rescue!

Over-the-counter options don't work, but we have some powerful answers to this problem.

Don't believe the claims of those products they sell at retail stores and nationwide pharmacy chains—OTC antifungal products will not restore your nails back to health!

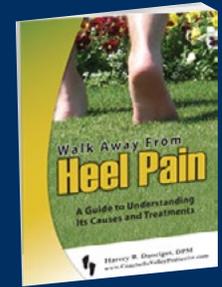
**We can create a treatment plan based on a combination of prescription topical and oral medications.**

The **topical medications** utilize an “outside-in” approach and attack fungus residing on the surface. Something that can affect the effectiveness of this option is the protective barrier created by the nail itself (which prevents medicine from reaching spores residing on the nailbed).

**Oral medications** take an “inside-out” approach. These medications are absorbed into the bloodstream and carried down to the toes. Once there, it works to kill off fungal spores, including ones on the nailbed. Unfortunately, these oral medications may have some side effects.

Whereas a one-two punch of oral and topical medications was formerly the gold standard of nail treatment, we have an advanced, better option—laser therapy.

**You can learn why laser therapy for fungal nails is such an outstanding option right here on our website!**



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“YOU HAVE  
**COMPLETELY**  
CHANGED  
MY LIFE.”

L. HALLEK - PALM SPRINGS, CA

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If you've spotted signs of a fungal nail infection, call us for professional treatment today so you can have clear, healthy nails again in the quickest possible time!

(It will take a couple of months for new nail tissue to grow and push out discolored tissue, but we have an answer for this—**KeryFlex!**)

**Have a happy, fungi-free fall season! If you need anything, just give us a call at (760) 568-0108 and find the care you need!**

## Sudoku

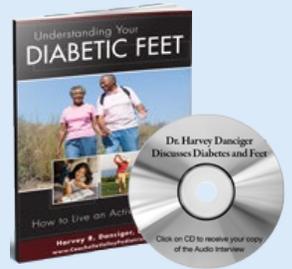
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Please call our office (760) 568-0108. We're always happy to help!

If you're looking for more entertainment, browse [our newsletter library](#).

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9	5	3	7	4	6	1	2	8
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