

# Nail Fungus Treatment for Swimming Pools

Nail fungus can be an embarrassing condition to deal with. It requires diligent treatment to eliminate it. It's especially important to seek medical treatment in a doctor of dermatology promptly after noticing signs of nail fungus. If you do, the infection can spread, become less controllable and possibly painful. Treatment can begin with trimming away the infected portion of the nail and sending it to a lab for culture or histology examination to verify the infection's presence. Once identified, the doctor can begin the process of eliminating nail fungus with prescribed medicines and topical medications.

A fungal nail infection occurs when a natural occurring chemical called keratin is broken down. The body doesn't make this protein, so it must be supplied by eating healthy foods. A common type of fungal nail infection is on the toenails. Fungal growths commonly occur on the toenails, but they can also occur on your finger nails, toenails and even on your hand's fingernails. Toenails are particularly difficult to treat because they have poor blood circulation and become easily irritated and damaged by footwear, jewelry and water.

There are numerous over-the-counter (OTC) treatments for toenail fungus treatment. One of these solutions, Nizoral, can be bought without a prescription. The downside of this kind of treatment is that it contains minuscule amounts of the actual medicine. The best solution, which contains the most effective active ingredients, is Electron Microscopy, a nail fungus treatment that contains natural antiseptic and antifungal ingredients.

You can purchase Electron Microscopy separately, or you can get a comprehensive oral solution for toenail fungus treatment with a prescription from your doctor. In most cases, you will be given a topical antifungal called efinaconazole. The downside of efinaconazole is that it can cause stinging, burning and redness around the affected area. You can purchase an over-the-counter version of this topical antifungal called public. Dublia is available in cream and oral supplement form.

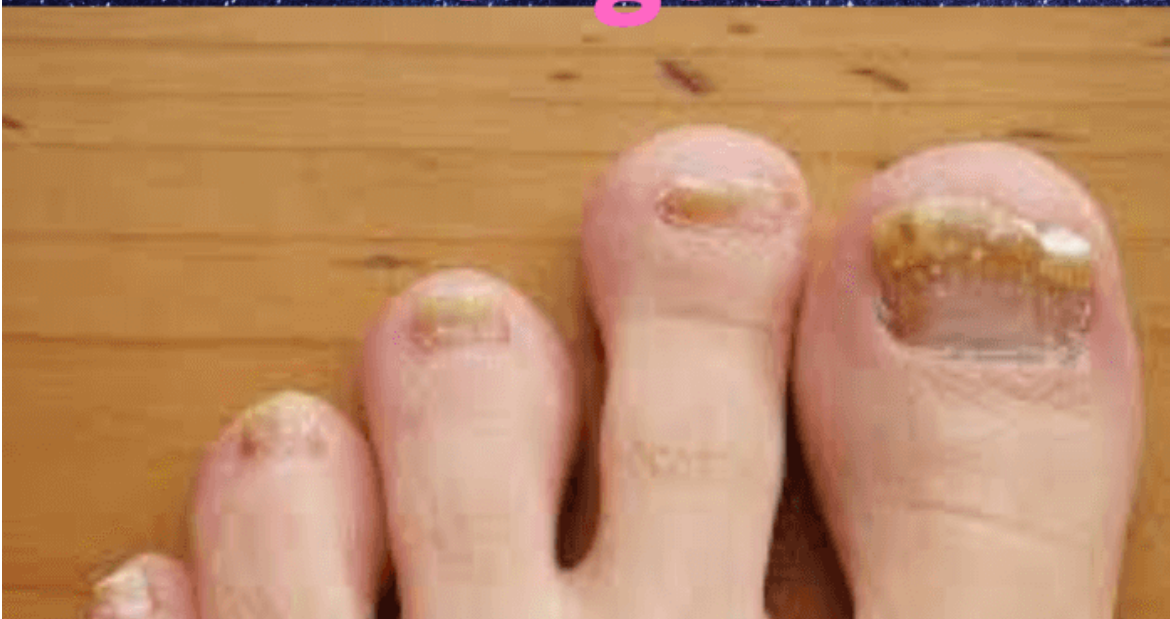
Products comparison from BestReviews.Tips Canada Another popular homeopathic antifungal treatment for fungal toenail infection is cocciclovir, which is made from the extract of white lupine. This plant has been used for centuries in different parts of the world to treat viral and bacterial infections, including fungal infections. A clinical trial conducted in Brazil showed that ciclopirox had anti-viral, anti-septic and anti-fungal properties. One study showed that it was as effective at treating nail fungus as the drug amoxicillin.

Nail polish can also help prevent fungal infections. Some types of nail polish actually contain natural anti-fungal properties, such as mica and copper protein complexes. Because the nail has a porous, even surface, moisture can build up underneath the nail polish, promoting the growth of fungus. If you frequently wear nail polish, it is important to thoroughly clean underneath your fingernails after swimming pools and prior to applying any moisturizing products.

You can purchase some oral medications that are prescription only. These are typically available through your doctor or health food store. They include terbinafine, which is similar to the antifungal Terbinafine but is less expensive. Your doctor can determine which oral medications are appropriate for you based on your medical history and symptoms.



# Best Oral Treatment For Nail Fungus



There are over-the-counter oral medications that you can purchase without a prescription. These are typically creams or lotions that you can apply to your nails. The most commonly used topical creams and lotions for toenail fungus are either Nizoral or Terbanafine. Both of these creams work by inhibiting the enzymes that cause nail fungus to spread. However, if you have very thick toenails or irregularly shaped nails, it may be more difficult to find a

cream that will effectively work.