

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

June 2019



262.373.1050
MDCustomRx.com

Refills

Consults

Supplements

Events

Blog

Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Dan, Monica and John



Thick Yellow Toenails?

Fungal nail, technically known as onychomycosis, is becoming more common in both adults and children. Nails with fungal infections typically thicken and develop a yellow tint, and may become brittle or disfigured. Fungal nail is 10 times more common in toenails than fingernails, and almost never goes away without treatment.

The growing prevalence of diabetes and peripheral vascular disease, weakened immune systems, earlier and greater participation in sports with resulting nail trauma, and vasoconstriction or low oxygen levels due to nicotine exposure increase the risk. Fungal nail occurs more often in males and the prevalence increases with age. It's often overlooked and undertreated, creating the potential for significant complications including fungal or bacterial superinfections. Low risk topical treatments are now available but some health care providers are unaware of newer or compounded options.



We can work with your doctor/podiatrist to customize topical medications to treat fungal nail.

Reference:

[J Drugs Dermatol. 2015;14\(3\):223-228.](#)

©Storey Marketing. All rights reserved.

Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

SCHEDULE A CONSULTATION

