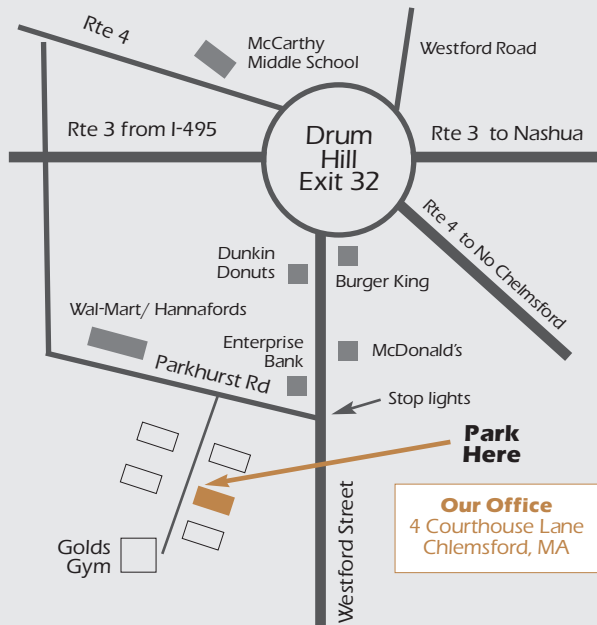


## Chelmsford Office

**978-441-9241**  
4 Courthouse Lane  
(Behind Wal-Mart at Drum Hill)

New England Foot & Ankle, P.C. is located in the Courthouse office complex on Parkhurst Road behind Wal-Mart. Follow the signs to Gold's Gym. Our office is in the yellow building (the second building) on the left, just past the mail-boxes.



## Newburyport Office

**978-463-0086**  
260 Merrimac Street  
(Towle Office Bldg)

New England Foot & Ankle, P.C. is located on Merrimac Street, approx 1/2 mile west from downtown Newburyport (towards Amesbury). Parking and entrance at rear of building. Follow the information sign in the courtyard to the appropriate building entrance.



### Our Doctors are on staff at:

- Lowell General Hospital, Lowell
- Saints Medical Center, Lowell
- Anna Jaques Hospital, Newburyport
- Merrimack Valley Hospital, Haverhill

New patients are welcome.  
Please call for an appointment.

We accept most managed care plans and private insurances, check, cash and major credit cards

 **NEW ENGLAND  
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visit our Website at:  
[www.nefootankle.com](http://www.nefootankle.com)



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**New England Foot & Ankle, P.C.**

# A New Laser Treatment For Nail Fungus

Some Facts You Should Know.



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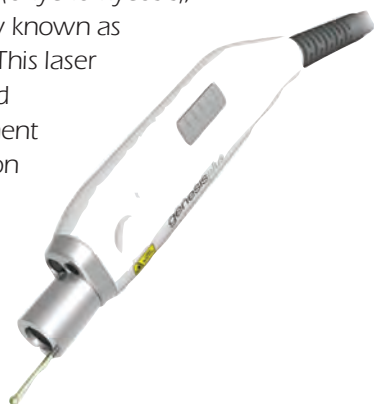
## A safe, effective treatment for toes and feet

Nail fungus, also called onychomycosis, is a common condition estimated to affect up to 10% of the population worldwide. It can cause nails to become yellow or discolored. As the infection advances, the nail can become thick, brittle and separate from the nail bed. It can also cause pain when wearing shoes or walking.

This brochure provides information about the causes of nail infections and available treatment options. The benefits, disadvantages and risk of each treatment is discussed. You should discuss your medical condition and treatment with your doctor.

## What is GenesisPlus?

GenesisPlus is a Nd:YAG 1064nm laser that has been cleared by the FDA to be both a safe and effective solution for the treatment of nail infection (onychomycosis), more commonly known as toenail fungus. This laser is also a safe and effective treatment for scar reduction and warts.



## What causes nail infection (onychomycosis)?

Dermatophytes are the fungi most commonly responsible for causing this condition. They are specialized organisms that live off of keratin which is the main component of nails and skin. The most common fungi that causes nail infection disease are *Trichophyton rubrum*, *Trichophyton mentagrophytes*, and *Candida albicans*. Everyone is at risk for infection because fungus is present everywhere in the environment.

## Where does nail infection come from?

Nail infection is caused by contact with dermatophytes which are everywhere in our environment. Common sources of infection include swimming pools, public showers, gyms and nail spas. Tightfitting shoes and nail trauma can also lead to infection. Genetic susceptibility, poor health and increasing age are also factors that increase the risk of nail infection.

## What are the symptoms of nail infection?

You may suffer from nail infection (onychomycosis) if you have one or more of the following symptoms:

- Discolored nails
- Yellow streaks under the nail
- Distorted or thickened nails
- Brittle, crumbly or ragged nail
- Nail separated from the underlying skin
- Buildup of debris (nail fragments, skin) under the nail
- White spots or streaks on the nail surface

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Please call for an appointment.  
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## What treatments are available for nail infections?

Current treatment options for nail infection include both oral and topical medications, and laser. No single treatment is effective in all patients and there are risks and benefits associated with each one. Be sure to discuss all your treatment options with your doctor.

**Oral medications** can be very effective in eliminating nail infections and restoring clear nails. The medications must be taken for 6-12 weeks and may cause side effects including headache, diarrhea, upset stomach and skin rash. Serious side effects include risk of liver damage and heart failure. Weekly blood tests may be required to monitor liver function. These drugs are not used for patients in poor health or who have liver disease.

**Topical medications** are less effective in treating nail infections and restoring clear nails. The medications are applied directly to the nails daily for up to 12 months. In some patients, the drug is ineffective because it cannot pass through the nail to reach the infection. There are no significant side effects.

**Laser treatments** are effective in eliminating nail infections and restoring clear nails. A clinical study reported no adverse effects relating to the laser. Most patients experience at least some improvement, with no discomfort noted during treatment.



Before Treatment



After Treatment

## How does GenesisPlus work?

Laser light from GenesisPlus passes through the nail and the surrounding tissue. The laser light is absorbed by pigment in the fungi, which causes the pigment to heat, and this heat kills or damages the fungal organism. This can result in your nail growing out normally.

## What can you expect?

The treatment involves passing the laser beam over the infected nails and surrounding skin. Your physician will repeat this several times until enough energy has reached the nail bed. Your nail will feel warm during the treatment.

- A single treatment session takes approximately 40 min. to treat 5-10 nails. Treatment times will vary.
- Most patients show improvement after 1-2 treatments. The required number of treatments will vary depending on how severely each digit is infected.
- It is important to remove all nail polish and decorations the day before the procedure.
- Most patients describe the procedure as being comfortable followed by a small hot pinch at the end that resolves quickly.
- Immediately following the procedure, the majority of patients can resume normal activities immediately.
- If the treatment is successful, as the nail grows out, you will see new, healthy nail. Nails grow slowly, so it may take up to 12 months to see an entirely clear nail.

## Will the fungus come back?

Your nail infection should improve following treatment but you will need to continue with homecare techniques to reduce recurrence of the infection as advised by your doctor. There is a chance of reinfection because the fungus is present everywhere in the environment.