

# Nail Fungus

Onychomycosis or tinea unguium is a **widespread** fungal infection in adults. It can affect the fingernails, but is more common in **toenails**. Aging is one of the common risk factors for nail fungus.

**O**ther risk factors are: walking barefoot in warm **moist** areas such as swimming pools, wearing socks and shoes that make your feet **perspire**, a small **untreated injury** to the toenail or nailbed, **circulation** problems – especially those associated with diabetes, and having a **weakened** immune system. Men are more likely to get onychomycosis than women, and a family history of nail fungus also increases the risk. There are various different treatments available and even though they are effective when used correctly, there are several **disadvantages** connected with their **administration**.

**Elderly male pharmacy customer: Hello, do you speak English?**

PTA: Hello. Yes, I do. What can I do for you?

**I am afraid that I have a fungal infection in some of my toenails. Oh, I see! How many nails are affected?**

**About half of each of my big toenails, and one of the smaller ones. They don't look nice. I'm too embarrassed to go swimming or to the sauna.**

There are a few different types of treatment available for nail fungus.

**I'll take one of those magic creams that you have.**

Well, I wouldn't really recommend a cream.

**Why not?**

Nail fungus is often found in the deeper layers of the nail and in the skin. Cream won't help if it is only applied on the surface.?

**Okay! So you said that there were a few treatments, didn't you?**

We have three different types. I'll tell you about them so that you can **choose** the one that is best for you.

**Good. Please, continue.**

This first one here is a **urea-based** nail **varnish**. You apply it to the affected nail, which is then **dissolved**.

**That sounds good!**

Yes, but the disadvantage is that it is quite **laborious** to apply. And nails take very long to grow back.

**I see.**

This is a water-resistant antifungal varnish. You are not a diabetic, are you?

**No, thank goodness I'm not. Why?**

You have to file the nail every time before you apply it. And that could lead to cuts. Not good for diabetics! Also when you file the nails, particles fall off that are infectious, which could affect other family members.

**I don't think I could use it anyway, as I have trouble bending and I have osteoarthritis in my hands. This makes it difficult to do any fine work such as filing.**

Okay. This one here is a water soluble **antifungal** varnish. The active ingredient can **permeate** deep into the nail. You don't need to file and the nail isn't dissolved. And you can see the healthy nail re-growing.

**I think I'll take the last one. How often do I have to use it?**

You paint it on the affected nails and the skin around them every evening before going to bed. Then wash off the excess in the morning under the shower. It's a good idea to have the bottle next to the bed so that you don't forget to apply the varnish. It does take time, but if you are patient, it will certainly help.

**Thank you very much for your help and patience.**

You are welcome. Goodbye.

**Goodbye. ■**

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

Nail Fungus	Nagelpilz
widespread	verbreitet
toenails	Zehennägel
moist	feucht
perspire	schwitzen
untreated	unbehandelt
injury	Verletzung
circulation	Durchblutung
weakened	geschwächt
disadvantage	Nachteil
administration	Anwendung
I am afraid	ich befürchte
affected	betroffen
embarrassed	verlegen, beschämt
choose	wählen
urea-based	auf Harnstoff-Basis
varnish	(Nagel)Lack
dissolved	aufgelöst
laborious	mühselig
antifungal	antimykotisch
permeate	eindringen

**PTA**



DIE PTA IN DER APOTHEKE

**WERDEN SIE FAN  
UND MIT UNS **AKTIV**  
AUF FACEBOOK.**



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