

FOOT HEALTH CARE

ATHLETE'S FOOT:

Athlete's foot is a skin infection caused by a fungus, usually occurring between the toes or on the soles of the feet.

The fungus most commonly attacks the feet because shoes create a warm, dark and humid environment, which encourage fungal growths.

SYMPTOMS:

The signs of athlete's foot can include: Dry skin- scaling- inflammation and blisters. Blisters often lead to cracking of the skin. When blisters break, small raw areas of tissue are exposed. Itching and burning increase as the infection spreads.

PREVENTION:

Good foot hygiene is the best defense against infection. Wash the feet daily and then dry carefully. Pay special attention to the areas between the toes. Change shoes, socks and hose at least once daily to decrease moisture. Wear well-fitting, ventilated shoes. Also the once or twice daily use of a quality foot powder will keep your feet dry and protected.

IMPORTANT TIPS:

- Avoid walking barefoot; use shower shoes in public facilities such as: gymnasiums, hotels, beach.
- Reduce perspiration by using foot powders indicated

CARE FOR YOUR NAILS

HIDDEN HEALTH PROBLEM:

Fungal infection of the nails is common in the feet and hands.. The majority of victims don't seek treatment; perhaps not recognizing the existence of the problem. Studies estimate that it afflicts three to five percent of the population. Nail polish is an easy solution for many women, rendering the problem "out of sight, out of mind".

WHAT IS A FUNGAL NAIL?:

Onychomycosis (scientific name for fungal nail) is an infection of the bed and plate underlying the surface of the nail, and its caused by various types of fungi, which are commonly found throughout the environment. A group of fungi called *dermophytes* easily attack the nail, thriving off keratin, the nail's protein substance. When the tiny organisms take hold, the nail may become thicker, yellowish-brown or darker in color. White marks frequently appear on the nail plate, and the infection is capable of spreading to other toenails and fingernails.

PREVENTION:

By taking precautions, including proper hygiene and regular inspection of the feet, toenails and fingernails, chances of the problem occurring can be sharply reduced. The presence of an artificial nail or polish impedes that, and the water trapped below can become stagnant and unhealthy, ideal for fungi organism to thrive.

TREATMENT:

Depending on the nature of the infection and the severity of each case, treatment may vary. A daily cleansing routine over a period of many months, may suppress temporarily the mild infections, however if you have your nails yellowish-brown or darker in color or in the beginning of the infection, products over the counter could help and avoid a more severe infection. But even the best over-the-counter treatment may not prevent a fungal infection from recurring.

Efficient Labs now is offering a new cosmetic product to help restore clarity to discolored fingernails and toenails and helps maintain healthy looking nails. Hongo Killer® Nail Formula.

Hongo Killer® Nail Formula does not contain a drug nor claim any drug actions as defined by the United States Food and Drug Administration. These statements have not been evaluated by the Food and Drug Administration. This Product or this pamphlet is not intended to diagnose, treat, cure or prevent any disease.