



LIFE MAGAZINES

MONTHLY A5 LOCAL LIFESTYLE MAGAZINES

SAY FAREWELL TO NAIL FUNGUS! - Brand New Painless Procedure

Anyone who has suffered with the persistent and embarrassing problem of a fungal toenail infection will be delighted to hear about a brand new breakthrough technology - the impulse pinpoint laser treatment. This treatment is now available in Nottingham and is provided by Podiatrist Robin Weaver. This exciting painless procedure was first introduced in the U.S a year ago and has already been used successfully on thousands of patients. Impressively, a one-off treatment has been shown to have an effectiveness of approximately 90% at eradicating the fungus and restoring a normal nail. The treatment has been approved by the American Food and Drug Agency and has, more recently, been given an EU 'CE' mark for the treatment of fungal nails.

Mr Robin Weaver is a Musculo-Skeletal Podiatrist and an expert in lower limb biomechanical disorders. He has treated many runners over the years for conditions such as arthritic big toe joints and shin splints. Robin had been frustrated until now by the lack of an effective treatment for runner's fungal nails which often thicken and place greater pressure on the big toe joint. He is delighted to make this revolutionary hi-tech treatment available to not just runners, but everyone in the UK. He operates clinics from the Nottingham Sports Injury Clinic on Mansfield Road, as well as clinics in London, Leeds and The Barn Clinic in Sheffield.

The patented 3b medical laser is specially designed to shine gently through your toenail and destroy the specific pathogens which have become embedded in and under the nail causing the infection. The nail laser operates in a very tight spectrum of near infrared light, so that it safely destroys the fungi, viruses, moulds and bacteria that often cause the onychomycosis (toenail fungus). Both the nail and skin are completely unharmed and there are no known side effects other than a gentle heating of the nail. The

procedure is entirely painless, so no anaesthesia is required. In most cases just one treatment is all that is needed; shoes and nail polish can be worn immediately afterwards.

It is estimated that up to half the adult population over 40 could suffer from fungal toenail infections, the infection being spread in changing rooms and nail salons. Once present, it is notoriously difficult to treat. Prescribed oral medications offer success rates of approximately 50%; they also need to be taken for three to six months. Such medications have a risk of side effects. Side effects of tablets can include gastrointestinal problems and can also affect the function of the liver and kidneys. Topical treatments such as gels or creams have much lower success rates of around 8%.

By contrast, the first clinical trial of the impulse pinpoint laser treatment earlier this year, showed the laser to be completely safe, and incredibly effective.

88% of the treated nails grew out normally after one treatment. Another ongoing trial involving large numbers of patients is expected to show an effectiveness rate of 90% or above.

After the one treatment, the nail will grow out normally in 6-12 months. There have been absolutely no adverse reactions or side effects in the clinical trials. Generally there are no age or health restrictions or limitations, although the treatment is not always possible for sufferers of diabetic neuropathy or certain types of vascular disease.

For a free no obligation consultation, telephone The Barn Clinic on 0845 224 2576 or visit www.inyourstride.net.

Say farewell to nail fungus and next summer you could be flaunting your feet in flip flops instead of burying your toes in the sand!