



WOULD YOU KNOW IF YOU HAD A FUNGAL INFECTION?

Take the Quiz Below:

If you think you may have a toenail fungal infection, talk to your doctor for more information and treatment options. Your doctor will need to know your medical history to choose the most appropriate treatment.

If you answer yes to any of the following statements, you might have a fungal infection of your toenail(s).

YES NO

- There are white chalk-like patches on my toenail
- My toenail is discoloured (whitish yellow, orange or brown)
- My toenail is crumbly
- There is yellow, orange or brown debris under my toenail
- My toenail is painful or sensitive
- My toenail is lifted
- The skin under my toenail has thickened
- My toenail has an irregular or distorted edge
- I have more than one toenail that seems to be infected by a fungus

Among the statements below, check all that apply to you.

- I have a weakened immune system (due to HIV infection or immunosuppressive medication, such as cancer chemotherapy)
- I have at least one of the following: athlete's foot, psoriasis, eczema, melanoma, squamous cell carcinoma, bacterial infection of the nail(s)
- I have trouble swallowing pills
- I have poor vision
- I have liver disease or my liver is not working fully
- I regularly consume or drink alcohol
- I am taking other medicines (bring them with you to the doctor, to check for possible interactions)

Current or past nail fungus treatments:

- I have never used treatment for nail fungus infection
- Oral medication
- Topical medication
- Laser treatment, photodynamic therapy, or chemical or surgical removal of the nail

If you checked any of the above statements, how long has your toenail been abnormal for?

- Less than 6 months
- 6 months to one year
- More than one year

Among the statements below, check all that apply to you.

- I am under 12 years or over 60 years of age
- I am pregnant or breastfeeding
- I have diabetes
- I have peripheral vascular disease (poor circulation)

NEED TO KNOW: FUNGUS FACTS

Toenail (or fingernail) fungal infection is called onychomycosis (ON-i-ko-my-KO-sis).

Onychomycosis is a common condition – it affects about 10% of people and is more common in toenails than fingernails.

The fungus can be spread through contact with an infected person, or from contact with a surface, such as bathroom floor, where the fungus is present.

Other things that may lead to a fungal infection include a hot, humid climate, using common showers and commercial swimming pools, and wearing closed-in, tight shoes.

People with diabetes are three times more likely to develop onychomycosis, and a fungal infection can be a significant predictor in the development of foot ulcers.

Recent research suggests that there may be a genetic predisposition for susceptibility to fungal infections.

Toenail fungal infections can result in nail deformity that can cause problems with walking, exercise or proper shoe fitting.

Depending on each individual case, treatment for onychomycosis can include oral (pills/capsules taken by mouth) or topical solutions (applied directly on the affected nail).