



Nail the infection

Despite the wealth of over-the-counter products available that claim to treat fungal nail infections (in the toenails and sometimes in the fingernails), the only way to cure an infection is to see a skin doctor (a dermatologist).

Over-the-counter topical medications don't penetrate the nail and therefore aren't as effective as oral prescriptions. A dermatologist can prescribe the proper drugs to get rid of the fungi that are the problem in yellowing and misshapen nails.

One of the best ways to deal with fungal nail infections is to prevent them from happening. The fungi love warm, damp environments around swimming pools and gym locker rooms—and inside your warm, sweaty socks.

The best way to nail a nail infection is to keep your feet clean and dry and wear sandals in public shower areas.