



# Foot Notes

## How should I look after my toe nails?

There are many things which can make nail care difficult and I see most of them in the course of a working week. Perhaps the most common is when nails have become very thick and almost impossible to cut. There are many causes of this from fungal infections to the effects of that dreaded three letter word, age!



It's not really possible to tell what has caused the problem without a detailed examination and, in some cases, analysing a small sample of the affected nail or nails. In most cases, the appearance of the nails can be dramatically improved in just one treatment although regular maintenance is often required to keep them in order. In the case of fungal infection, there are various anti-fungal treatments available either over the counter or from your practitioner. The treatment depends largely on the severity and type of infection present.

The other main problems are caused by unusually shaped nails such as ram's horn or tube shaped nails which have to be treated very carefully in order not to accidentally damage the surrounding tissues of the toe. I would recommend that anyone who suffers from this kind of nail seek professional help as they can be very tricky to trim safely.

Finally, we have the ingrown nail which, as anyone who has ever suffered one will tell you can be extremely painful and have to be cared for very carefully as they can very easily become infected but that really is a topic for another day.

In short, nail care is important and, no matter how strange you think they look we can make them look and feel a whole lot better.

Peter Waugh (Amber Feet)



**Peter Waugh DipCFHP, Mps Pract.**  
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# The Wild Ones – Times Two Quiz



The Secretary of Derby Natural History Society has compiled another quiz sheet to raise funds to help Derbyshire Wildlife Trust.

It features clues to TV wildlife programmes with puzzles and general knowledge questions on sport, music etc whose answers relate to "time" - units of time, times of the day or dates on a calendar.

The closing date for entries is 30th August 2008.

To obtain a copy please send s.a.e and cheque for £1 payable to "The Wild Ones" to The Wild Ones, 12 Chertsey Road, Mickleover, Derby DE3 0RA



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