

Let UCT Help You



Prevent and Manage Nail Fungal Infections

UCT Providers can work with you to help you prevent and manage nail fungal infections.

The American Podiatric Medical Association recommends the following for prevention of onychomycosis:

- Dry feet thoroughly after washing with soap and water
- Wear shower shoes in public areas
- Change socks, shoes and hosiery more than once daily
- Clip toenails straight across so that the nail does not extend beyond the tip of the toe
- Wear well-fitting shoes that allow for air circulation
- Wear socks made of synthetic fibers that “wicks” away moisture
- Do not apply nail polish to suspected sites of infection.

How UCT Can Help with Prevention

- Our diabetic patients receive an examination of the feet during a medical visit. Some neurological conditions associated with Diabetes Mellitus prevent sensation in the distal extremities. Long term sequela from a fungal infection could lead to extensive infection or amputation.

- If a patient is not responding well to antifungal medications, we may refer them for further diagnostics to rule out new-onset Diabetes Mellitus or immunocompromised conditions.

- Lastly, a thorough foot exam consists of inspection and sensation. At UCT, the providers will assess and treat based on best practices.

Nail Fungal Infections – Causes, Risk Factors, Symptoms and Treatment

By Patricia Smith, FNP – Knoxville, TN

Toenail fungus, also known as onychomycosis, is an infection underneath the surface of the nail caused by fungi. It is caused by a special type of fungus known as a dermatophyte. Discoloration and a foul odor of the nail bed may be present. Debris may collect beneath the nail plate, and often times white marks appear on the nail plate. This type of infection is capable of spreading to other toenails, the skin, or fingernails (all nail bed plates are susceptible). If ignored, the infection can spread and possibly impair the ability to walk. The resulting thicker nails are difficult to trim, and make walking painful when wearing shoes. Topical treatments do not work well with these infections because nail beds are relatively impenetrable. Up to 10% of all adults in Western countries have fungal infections of the nails. This percentage increases to 20% of adults who are 60 or older. Toenail fungus is often ignored because the infection can be present for years without causing any pain.

Causes

Because it is difficult to avoid contact with microscopic organisms like fungi, the toenails are especially vulnerable around damp areas such as swimming pools, locker rooms, and showers, for example. Injury to the nail bed may make it more susceptible to all types of infection, including fungal infection. Those who suffer from chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions are especially prone to fungal nails. Other contributing factors may be a history of athlete’s foot and excessive perspiration.



UCT PRIME: **Member Benefits**

UCT PRIME provides drivers with big saving on DOT Physicals and Medical Visits, and companies with a no-cost benefits program to help improve driver retention.

UCT PRIME Corporate rates/programs are available. Below are the program details for walk-in patients.

UCT PRIME costs \$50/year and provides the following benefits to members:

- FIRST DOT Physical is only \$40 or FIRST Medical Visit is only \$75
- Big saving for next 12 months:
 - \$75 DOT Physical
 - \$90 Medical Visit
- \$25 MedCheck (\$50 Savings)
 - Includes BMI, cholesterol, glucose, blood pressure and body measures.

With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, **UCT PRIME** addresses the need for affordable medical services. To enroll or request additional information about UCT PRIME, please contact an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com.

Risk Factors:

- Aging. Most common risk factor due to diminished blood circulation, longer exposure to fungi, and nails which grow more slowly and thicken.
- Perspiring heavily, or having moist skin for a long time
- Minor skin or nail injuries
- Deformed nail or nail disease
- Immune system problems
- Chronic illnesses such as diabetes and circulatory problems
- Wearing footwear that does not allow air circulation
- Going barefoot in damp, public places such as swimming pools, gyms and shower rooms

Symptoms:

- Nail brittleness
- Change in nail shape
- Crumbling of the outside edges of the nail
- Debris trapped under the nail
- Loosening or lifting up of the nail
- Loss of luster and shine on the nail surface
- Thickening of the nail
- White or yellow streaks on the side of the nail

Treatment:

Treatment of onychomycosis is challenging because the infection is embedded within the nail, and is difficult to reach. It may take a year or more, since new nail growth must entirely replace old, infected growth. Over-the-counter creams and ointments usually do not help treat this condition. Prescription anti-fungal medications taken by mouth may help to clear the infection. Oral anti-fungal medications are typically taken for 2-3 months for toenails; a shorter time for fingernails. Liver function is usually monitored during treatment with certain oral anti-fungal medications.

About UrgentCareTravel

UrgentCareTravel, a network of medical clinics for truckers, is dedicated to improving the health and quality of life of truck drivers and families. In partnership with Pilot Flying J, UrgentCareTravel addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UrgentCareTravel clinics offer occupational medical services (DOT/non-DOT physicals, workers comp, sleep apnea testing, urine/hair drug screens, etc.) and primary care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

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