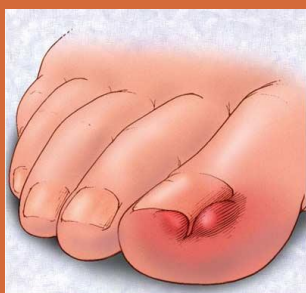


# Podiatry News and Clues

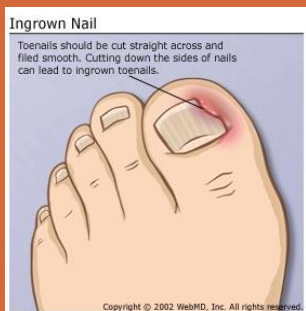
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MAY 2013



GOT THIS



WANT THIS



*~QUOTE OF THE DAY~  
Happiness doesn't come from  
getting something we don't  
have, but by realizing and  
appreciating what we already  
have.*

## Is Your Toenail Growing Into Your Toe?

The ingrown nail involves the production of an abnormal corner nailplate. This growth presses on the soft tissues and causes **PAIN**, **INFLAMMATION** and finally, **INFECTION**.

The big toe is the most commonly affected, though the smaller toes may also be involved.

### Common Causes:

- Tight, poorly fitted shoes
- Trauma to the nailplate
- Improper cutting of the toenail

### Treatment Includes:

- Proper cutting of the nail by a Podiatrist
- Removal of offending portion of nail
- Ingrown nail procedure which involves removing a portion of the nailplate and using a chemical to prevent future ingrown nails

### Prevention:

- Wear proper fitting shoes
- Cut nails straight across
- Don't dig or cut into sides of your nails

If any of this sounds like you or you're having pain with your toes you should call our office immediately.

**MAKE SURE TO GET MEASURED BY A PODIATRIST FOR PROPER FITTING SHOES WHICH WILL HELP TO PREVENT THIS PAINFUL CONDITION.**

See Our article about the ingrown nail by asking one of our office staff or visit our website @ [www.drtaubfootandwound.com](http://www.drtaubfootandwound.com).

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