

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

Toenail Fungus

Various types of fungi are present everywhere in the environment. The dark, moist surroundings created by shoes and stockings make the feet especially susceptible to fungal infections.

Most fungi are harmless until they penetrate the skin. A fungus can invade through minor cuts, or after injury or repeated irritation to the toes that has caused the nail to separate from the bed. Fungal infections of the nail plate and nail matrix are quite common.



What is the Best Treatment?

Treatment is best when it's begun at the early stages of the infection. The accumulation of debris under the nail plate can lead to an ingrown nail, or to a more serious bacterial infection that can spread beyond the foot.

wow! ↓

Over 35 million people worldwide suffer from some sort of nail or toenail fungus.

One of the misconceptions about toenail fungus is that it cannot be spread from one person to another. Actually, it is very easy to get a fungal infection and it's common among those who have sweaty feet, share bathrooms, swimming pools, showers, and locker rooms. Also, people who do a lot of standing and are on their feet frequently such as athletes are prone to infection.

Signs and Symptoms:

The signs and symptoms of toenail fungus may include:

- Thickening of the nail
- Nails becoming a brownish or yellow color
- Foul-smelling or moist debris being seen
- Pressure with the nail which makes the nail painful

Treatment Options:

1. Oral Medication
2. Topical Medication Creams
3. Nail Removal
4. Nail Laser Treatment **** COMING SOON**

Medication does not guarantee the complete elimination of fungus. Dr. Neuhaus will monitor the results of the treatment carefully.



Product of the Month

Tineacide Antifungal Cream

#1 Doctor Recommended Non-Prescription Antifungal Cream

- It's the strongest topical antifungal on the market without a prescription
- Kill fungus, yeast and bacteria
- Soften hard/brittle areas
- Create micro-portals of entry to the nail bed for increased penetration
- Drive components deep into the subungual tissue

Community News

On Sept. 12, the Smyrna Rotary will be hosting its 7th *annual Wings of Freedom fish fry* at the Smyrna Airport. The Smyrna Rotary Club supports the Boys & Girls Club, Sam Davis Home, Smyrna Senior Center, YMCA, American Red Cross, Food Banks in both Smyrna and LaVergne, and other community organizations. For more information about how to become a sponsor of the fish fry or where to buy tickets for the event, please log on to www.rotaryofsmyrna.org.

On September 19, the annual *Old Timers' Day* is coming to the Veteran's Memorial Park off Murfreesboro Road in LaVergne, TN. The day will be kicked off with a parade at 10:30am and end with Fireworks at 7:30pm. The days' festivities will include silent auctions, craft sales, food, fundraising events, concerts, and performances.

Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN



Office Hours

Monday-Friday
8am to 5pm

Lunch

12pm to 1pm

Success Story

Dr. Neuhaus,
Prior to coming to your office for the first time a few months ago, I suffered from the embarrassment of toe discoloration. My wife and I were in Maui, some time ago and being able to walk on the beach with sandals was something I could not do. I must admit when you told me the treatment would take a few months until I would begin to see results, after a few months I became skeptical. After all, I tried many over-the-counter remedies which produced little if any success. Now, I am 95% cured from my dilemma. I can now enjoy wearing sandals, and I feel great! Thanks again!

- J. B.

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to

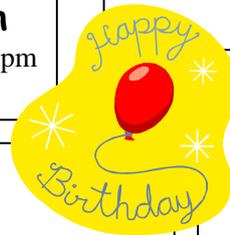
Community Service

"Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which is a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

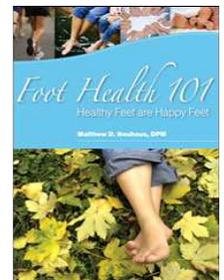
Let's Wish Happy Birthday to all the August Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a August birthday. We hope you enjoy your special day!



Are you tired of Foot Problems?

Get a **Free** copy of
Foot Health 101
"Healthy Feet are Happy Feet."



Free Book