

INNOVATIONS

Distributed with *The Mail on Sunday*

Too embarrassed to have a pedicure due to unsightly toenails? Marion Yau explains why laser treatment could be for you

As summer approaches, it's an ideal time to have a pedicure. But for some of us, displaying feet in a nail salon is the last thing we want to do due to unsightly, thickened and yellow toenails.

Marion Yau, Pod Med BSc (Hons), Pod (MS), HCPC, SOCAP, ISHAM is a consultant podiatrist at the Harley Medical Foot and Nail Laser Clinic, based in Harley Street and London Bridge. Marion has treated over 1,000 people with fungal nail infection. Her professional doctorate studies have focused on the treatment of fungal nail infection with laser therapy.

Ms Yau says "Thickened nails with discolouration may be a sign of bacterial and fungal nail infection (onychomycosis). There are many reasons this can happen. Over 50% of nail disorders are due to an untreated infection. More than 90% of onychomycosis cases are caused by dermatophytes, while yeast and mould can also trigger infection. If a nail has been damaged, then microorganisms may enter the nail leading to infection. Other causes include poor choice of footwear, having a pedicure in an unhygienic nail salon or cutting nails too short."

"Many patients come to me because over-the-counter medication has failed them, or because they are worried about possible side effects from taking oral medication and are seeking an alternative therapy."

At the Harley Medical Foot and Nail Laser Clinic, treatment is carried out using the revolutionary Lumala Laser and ProLase. Both have over 80% success rates in transforming discoloured and distorted nails into clear and healthy nails.



Both lasers are painless and require no recovery time, meaning patients can immediately return to work or play sports.

Ms Yau says "Around 80% of fungal infections that I see are caused by Athlete's Foot, which is a fungal infection of the skin. Treating the skin can stop infection of the nail. However, treatment using typical nail treatment can be slow, as it takes around a year for a nail to grow from the base to the top. With laser treatment, patients are able to see faster, effective results."

The major difference between medication and laser treatment is that with the laser, treatment is localised and evidence points to laser treatment stimulating increased blood flow leading to increased nail growth.

"The number of treatments needed depends on the severity of the infection. Mild cases may only require four treatments, while more severe cases may need more."



Get healthier and clear nails for summer.
No pain, no recovery time needed and no risk.
Get 10% off the One Foot Package or 12% off the Two Feet Package.
Harley Medical Foot and Nail Laser Clinic