

New Lasers Get Your Feet Ready For Spring

by Dr. Emanuel M. Haber, D.P.M.

This is the time of year when people start flocking to the gym to get in shape for spring. If you have unsightly foot problems, now also is the time to do



something about them so you are not too embarrassed to wear sandals this spring or go barefoot on the beach this summer.

New laser technologies have made it possible to treat many foot conditions without invasive surgery or oral medications that may pose the risk of dangerous side effects and drug interactions. Treatments can be performed on an out-patient basis, so you can resume your regular routine right afterwards.

FUNGAL TOENAILS

Approximately 10% of Americans suffer from toenail fungus, medically known as *onychomycosis*. Fungal laser treatments are non-invasive, safe, effective and fast. They do not require anesthesia, painful injections or downtime, and are performed in the comfort of a podiatrist's office.

The newest generation fungal lasers use light to kill the fungus and do not harm the adjacent, non-infected tissue. Once the fungus is eliminated, it takes a minimum of nine months, on average, for the infected nail to grow out fully and be replaced by a healthy nail.

WARTS

The two leading lasers for removing warts are the CO2 and the Pulse Dye Lasers. Both work better and faster than topical medications and can be administered to children and adults alike. The laser treatment your podiatrist will recommend depends more on your lifestyle than the type of wart.

Podiatrists use the CO2 laser to cut out the wart, followed by a home regimen of soaking with a soapy water solution for two weeks. The Pulse Dye Laser penetrates the wart to choke off the blood supply that feeds it, so the wart ultimately falls off. This laser procedure may be better for "weekend warriors" and the generally active, as there is less tenderness to the affected area and no post-procedure attention required.

Lasers have improved many foot treatment outcomes, at speeds more in step with our busy lifestyles. Warmer weather is just around the corner, so consult with a laser-certified podiatrist about your foot problems today.

Dr. Emanuel M. Haber, D.P.M., is the director of The Foot & Ankle Centre of New Jersey, located in Paramus. For more information about laser treatments and general foot care, please call the office @ 201/599-5911 or visit www.bergenfootpain.com.