

Different Types of Toenail Fungus

Know What Nail Fungus You May Have

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Toenail fungus is a common fungal infection that affects the toenail and sometimes fingernails. Known scientifically as Onychomycosis, toenail fungus is a common infection in adults and affects about 6-8 percent of the population. Toenail fungus is typically caused by dermatophytes which are a common group of fungi. They can be found in humans and animals and besides affecting nails, the dermatophytes often affect the skin and hair.



There are numerous types of **toenail fungus** but four main types are most common. The most common type is distal subungual onychomycosis. This type of **toenail fungus** starts at the tip of the toe and affects the nail bed as well as beneath the nail plate. The symptoms may manifest itself with discolored nail plate that may become thickened, rough, and begin to pull apart from the nail bed. The color of the nail may become yellowed and darker than a healthy toenail. Those with this type of toenail fungus should seek medical attention to ensure a proper diagnosis is made. Once it is determined that the toenail fungus is distal subungual onychomycosis, the proper treatment can be made.

Topical antifungal treatments are often used to treat this type of fungus.

In addition to the medical antifungal treatments, there are many home remedies are used by many people. Tea tree oil is probably the most widely used home remedy. Another home remedy is Listerine mouthwash. Listerine is an antiseptic and thus will help fight off the toenail fungus. Other products that may be found at home is lavender oil, olive oil and oregano, and Alpha Hydroxy Acid. All of these can be used as a treatment. Also, incorporating probiotics, such as yogurt and kefir, into your diet can help ward off distal subungual onychomycosis toenail fungus.

Another class of **toenail fungus** is white superficial onychomycosis. White superficial onychomycosis is the second most common type of toenail fungus. It manifests itself as white patches on the surface of the toenail and will spread. It may be caused by a different species of dermatophytes. Mold may also be a culprit in causing this form of toenail fungus. The colors of the patches are typically milky white but can also be yellow or brown. In many cases the toenail may also become brittle and deformed. Topical treatments will normally cure this form of toenail fungus. However, in cases where topical treatments don't work, oral medicines may be prescribed.



Lateral subungual onychomycosis is similar to distal subungual onychomycosis except in this case, lateral toe fungus occurs on the side of the nail whereas distal is on the top of the nail plate. The treatment for this type is similar to distal subungual onychomycosis.

Proximal subungual onychomycosis is another form of toenail fungus that is often found in people whose immune system has been weakened from diseases, injuries, or other medical treatments. The fungus generally starts near the cuticle or root of the toenail. It is very rare for healthy people to get this form of toe fungus. Medical treatment is advised for this type of toenail fungus.

Candida onychomycosis is another toenail fungus. It is caused by the fungus called candida albicans. Candida albicans is a diploid fungus and is related to yeast. Candida albicans is common in about 80% of most healthy people and usually does not cause any problems unless overgrowth occurs. Candida onychomycosis affects the toenail on the nail plate and is especially dangerous for people with weakened immune systems. It can manifest itself as smelly and painful nails often accompanied by the formation of pus on the edges of the nails. Treatment of this form of **toenail fungus** should be done with antibiotics under the care of a medical professional.

In most cases, the most common forms of toenail fungus, distal subungual onychomycosis, lateral subungual onychomycosis, and white superficial onychomycosis can be treated by a doctor or through the use of home remedies to rid the toe of fungus. However, in the cases of the other types of [toenail fungus](#), seeking professional medical assistance may be the best way to ensure that proper treatment is given to the toenail fungus. ToenailFungusCured.com strives to find the best treatments for your toenail fungus infection. After having toenail fungus for over 10 years, David M. Hughes tries to research and provide the best possible treatments for those who suffer from the infection.