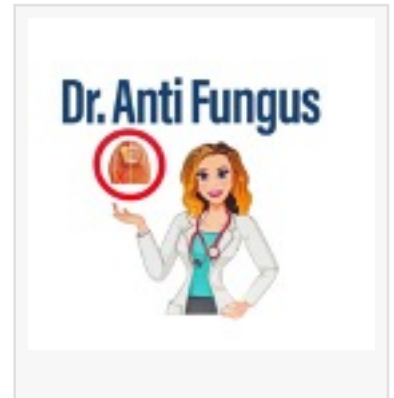


# ILL-FITTING SHOES AND TOENAIL HEALTH: UNDERSTANDING THE EFFECTS OF 'SHOE TRAUMA'

*As fall footwear returns, Dr. AntiFungus co-founder Dr. Nasim Kalhor explains how ill-fitting shoes can traumatize toenails and create an opportunity for fungus*

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/EINPresswire.com/ -- One may think of foot fungus as something they pick up at a pool, gym, public shower or beach. But according to Dr. Nasim Kalhor, shoes could be contributing to the problem in another way by traumatizing the toenails.



As fall brings the return of loafers, boots and other close-toed shoes, Dr. Kalhor, co-founder of at-home fungal care brand Dr. AntiFungus, is warning about “shoe trauma” repeated pressure, rubbing and impact from footwear that is too tight, too short or poorly fitted. That trauma can damage the toenail and surrounding tissue, potentially creating an opportunity for fungus to take hold.

The return to fall footwear makes now the perfect time to check shoes and toenails.

Dr. Kalhor recommends looking for:

- Pressure points: If the toes are constantly hitting the front of the shoes, that repeated impact can traumatize the nails.
- Cramped toes: Shoes that squeeze the toes together can create ongoing friction and pressure.
- Nail changes: Bruising, discoloration, thickening, lifting or other changes shouldn't be ignored.
- Old, worn footwear: Shoes that have been exposed to months of sweat and moisture may provide an environment where fungus can persist.
- Better shoe rotation: Give shoes time to dry between wears rather than putting the same pair back on every day.

“Shoe trauma is something people rarely think about when they think about fungal nails,” says Dr. Kalhor. “But your shoes are in direct contact with your toenails every day. The right fit matters not just for comfort, but for the health of your feet.”

The fall shoe switch is therefore more than a fashion transition. It's an opportunity to assess whether a pair of boots and loafers are protecting one's feet or repeatedly traumatizing them.

To learn more about Dr. AntiFungus, visit them [online](#) and follow on [Instagram](#) and [YouTube](#) @DrAntiFungus.

About Dr. Nasim Kalhor and Dr. AntiFungus:

Dr. Nasim Kalhor is one of the leading sources on all things fungus, feet and nails, and her expert insights have been featured on CNN, Yahoo!, AOL, InStyle, and more. A seasoned podiatric surgeon with 20 years of experience in the Los Angeles area, Dr. Kalhor is a revolutionary in her industry and brings her entrepreneurial approach to wellness-focused podiatry. This includes developing the first-ever water-soluble solution for Tolnaftate, one of the most widely used antifungal ingredients. In doing so, she transformed antifungal treatment and prevention into a new category, moving beyond the walls of the doctor's office and into the self-care aisle of retail stores and pharmacies. Her easy-to-use, groundbreaking formula is the hero ingredient of Dr. AntiFungus, a line of anti-fungal press-on nails, mani-pedi fungal prevention kits, on-the-go sprays and relaxing soaks.

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EDITOR'S NOTE: For more information about Dr. AntiFungus and to arrange to speak with Dr. Nasim Kalhor, please contact Nancy Trent or Pamela Wadler at 212-966-0024 or [pam@trentandcompany.com](mailto:pam@trentandcompany.com).

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