

Talk to Your Provider about *ClearChoice*

Your doctor has determined that you have nail infection, also called onychomycosis. Nail infection can cause your nails to be discolored, thickened, brittle, and “crumbly” and in some patients it can interfere with wearing shoes and/or cause pain when walking.

This brochure is to help you understand what causes nail infection, what nail infection looks like, and the benefits, disadvantages and risks of the usual treatment choices.

The information in this brochure does not take the place of talking with your doctor about your medical condition or your treatment.

CLINICAL RESULTS



Before

After



Before

After

Photo courtesy of Michael Shohat, MD,
Tel Aviv, Israel



Be Informed

What Treatments are Available for Nail Infections?

Nail infection is a complex problem because it can start in some people because of family history of susceptibility, increasing age, poor health, nail trauma, climate (warm, moist), exposure to infected nails (sports/fitness and communal bathing areas), and tight shoes.

The treatment of nail infection is difficult because the infection is under and inside of the nail. This makes it hard for any treatment to reach and destroy the infection. In addition, even after successful treatment, many patients will experience reoccurrence of infection of their nails.

When choosing the right treatment option for you, you should talk to your doctor about all of the currently available options for the treatment of nail infection.

Treatments for infected nails include:

- Oral drugs (taken by mouth and swallowed)
- Topical drugs (applied to the surface of the nail and skin)
- Laser treatment



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What is Onychomycosis?

What are the Causes of Nail Infection (Onychomycosis)?

Most nail infections are caused by dermatophytes which are fungi that include yeasts and molds. *Trichophyton rubrum*, *Trichophyton mentagrophyte*, and *Candida albicans* are the most common fungi that cause nail infection disease in humans.

These fungi can live in the layer of dead skin around your nails, in the space under your nail, and in the nail itself.

What are the Signs and Symptoms of Nail Infection (Onychomycosis)?

You may have nail infection (onychomycosis) if you have one or more of the following symptoms:

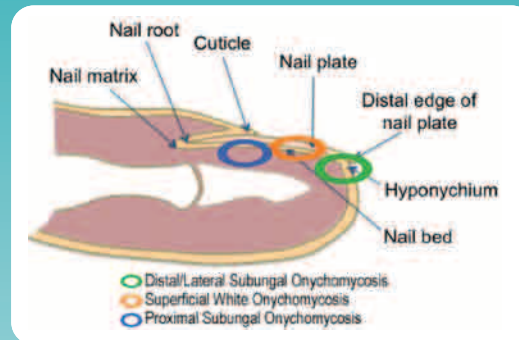
- Yellow streaks – in the skin under the nail (the nail bed) and on the underside of the nail
- Buildup of bits and pieces of skin and nail fragments under the nail
- Thickened nail
- Discolored and thickened nail that may separate from the skin under the nail
- Brittle, broken, and thickened nail
- White spots or streaks on the nail surface
- Soft and powdery nail surface (as the infection worsens)
- Damaged, crumbly, and brown or gray nail surface (with no separation of the nail from the underlying skin)

Nail infection can cause permanent deformity of the nail that can interfere with being able to wear shoes, interfere with walking, and interfere with sports or other activities.



What is ClearChoice?

ClearChoice, one of the devices included of the in Alma Lasers Harmony Family of aesthetic and medical treatment solutions, is laser and light treatment system. The laser (an Nd:YAG 1064 nm laser) is safe and effective for the temporary increase of clear nail in patients with onychomycosis (nail infection) and can also be used for the treatment of warts.



The Harmony Nd:YAG 1064 nm laser sends invisible laser energy into and through the nail and/or surrounding skin that is absorbed by the pigment in the fungal organisms. When the laser light is absorbed it causes the pigment in the organisms to heat and this heat damages or kills the fungal organisms. If all of the fungal organisms are killed, your toenail could grow out normally.

CLINICAL RESULTS



Before After

Photos courtesy of Michael Shohat, MD, Tel Aviv, Israel

Why ClearChoice?

- Visible results
- Fast treatment
- Minimal discomfort
- No downtime
- No adverse effects
- Indicated for use on all skin type

CLINICAL RESULTS



Before After

Photos courtesy of Michael Shohat, MD, Tel Aviv, Israel

Using this procedure on all of your nails will usually take ~ 30 minutes. Most patients only feel warmth during the procedure and it can be reduced or ended if it becomes uncomfortable.

The Harmony Nd:YAG 1064 nm laser provides your doctor with a, safe and effective solution for nail infection.

In clinical studies with a laser identical to the Harmony laser, 68-79% of patients treated for toenail fungus, showed an increase in the amount of clear nail at 3-6 months after treatment.

The amount of nail improvement you may experience is dependent upon your individual circumstances and should be discussed with your doctor.

