

# Health & Fitness

A Peninsula News Special Section

## Local podiatrist fights nail fungus with laser

Bay Harbor Podiatry Group, providing cutting-edge medical treatments and personalized podiatry care for more than 25 years, is taking the fight against nail fungus to a new level with the launch of a revolutionary laser treatment that is the most effective at eliminating stubborn toenail fungus (Onychomycosis).

Using a laser, the doctors penetrate all toenails without affecting the underlying tis-

sue to eliminate fungus. The treatment is safe, painless and done in a single 30-minute office visit. Results to date show this course of treatment to be nearly 80 percent effective without any side effects.

"I've never been able to offer as powerful, effective and safe a treatment as this new laser technology. And the best part is there are no dangerous side effects, no pharmaceutical prescriptions, and it's achieved dur-

ing a single office visit," said Dr. Marc G. Mittleman, founder and director of Bay Harbor Podiatry Group. "I've personally seen the embarrassment and shame brought on by this very common disease. Here at last is an effective treatment that allows everyone the chance to show their feet again with pride."

Palos Verdes resident Mittleman and his physicians treat all toes on both feet with the laser, regardless of infection to eliminate the possible spread of the fungus. Patients can expect to see healthy nails within eight to 10 months.

Onychomycosis affects approximately 35 million people in the U.S. and almost 50 percent of the population age 40 and older.

*For more information, visit [www.footcareone.com](http://www.footcareone.com).*