



FOR IMMEDIATE RELEASE

## WHILE HEALTH CLUBS SAY NO TO 'CANCKLES', LEADING PODIATRISTS SAY NO TO TOENAIL FUNGUS

*Bay Harbor Podiatry Group Raises Health Concerns about Increasing Incidents of  
hard-to-treat Nail Fungus*

**TORRANCE, Calif. - July 8, 2009** - On the heels of a new campaign launched by a national chain of health clubs to put an end to unsightly "canckles," Dr. Marc Mittleman, founder and director of [Bay Harbor Podiatry Group](#), is calling on fitness clubs and their members to focus on a real health issue - common and highly contagious toenail fungus (Onychomycosis). Because fungi thrives in warm, moist environments like locker rooms, communal showers, pool and spa facilities, gym goers are at a higher risk of contracting nail fungus, which is both unsightly and a serious health concern.

According to the national fitness chain's advertising campaign, "canckles," a term for a disproportionate amount of weight between the lower leg and the ankle, is the fastest-growing aesthetic affliction in the U.S. However, Dr. Mittleman points out that canckles are not contagious, and nail fungus is.

"I'm a lot happier to see canckles than toenail fungus at a health club. While gyms aren't to blame, the warm and moist environment is ideal for fungi growth. Really, we need better education on preventing and treating toenail fungus, especially among those who already have the infection and who continue to walk barefoot in public places," said Dr. Mittleman.

Currently, 35 million people in the U.S., including over 50 percent of the population over the age of 50, suffer from toenail fungus, which causes embarrassing deformation and discoloration of the nails. While taking precautions, such as always wearing shoes in public places and keeping feet dry, Onychomycosis is a very contagious infection and spreads easily with even the slightest contact.

Bay Harbor Podiatry Group is one of the first medical practices nationwide to offer a revolutionary new laser treatment that is the most effective at eliminating stubborn toenail fungus. The treatment is safe, painless and done in a single 30-minute office visit. Dr. Mittleman and his physicians treat all toes on both feet with the laser regardless of infection to eliminate the possible spread of the fungus. There are no side effects and patients can expect to see healthy nails within 8 - 10 months.

"Toenail fungus has always been an extremely stubborn infection that was difficult to treat - until now. We are experiencing a nearly 80% effective treatment that zaps thick

yellow toenails, generates healthy nail growth and prevents the spread of the infection to others,” Dr. Mittleman said.

No single or combined topical treatments have proven to be more than 25 percent effective. While some oral medications tout success rates as high as 65 percent, they require three months of treatment and carry a serious risk of liver damage and require frequent blood testing and monitoring throughout treatment.

With Bay Harbor Podiatry Group’s new PinPointe laser treatment, as featured on [Good Morning America](#), patients can resume physical activities and wear normal shoes or paint their nails immediately following the procedure. For more information, visit [www.footcareone.com](http://www.footcareone.com).

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### **About Bay Harbor Podiatry Group**

Bay Harbor Podiatry Group has provided cutting-edge and personalized healthcare to residents of the South Bay area of Los Angeles for over 25 years. Founded and directed by Dr. Marc G. Mittleman, the practice is the first in the area to offer revolutionary toenail fungus laser treatment. Dr. Mittleman, and his associates, Dr. Michael S. Bloch, and Dr. Roland J. Carroll, III, are certified Diplomates of the American Board of Podiatric Surgery and treat all ailments of the foot and ankle. For more information, visit [www.footcareone.com](http://www.footcareone.com).

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