Polished, Primped,... and Problematic [1]

Week of:
Feb 20, 2015

Toenail fungus [2]

Dear Alice,

I think I might have a toenail fungus infection (onychomycosis). Should I purchase over-the-counter medication and try to remedy the situation on my own, or should I go directly to a podiatrist to evaluate this problem? I do have an excellent insurance and prescription policy!

Read more [2]

Safety of gel and shellac nail manicures [3]

Hi Alice!

I love getting my nails done with a gel or shellac manicure. The polish doesn't chip at all and stays shiny for weeks. I'm just worried about the UV light used to seal the manicure - it is almost like a mini tanning bed for your hands. What are the risks? And are there any bad chemicals in the polish?

Thanks, Alice! Dazzling Diva
Read more [3]

Fingernails as health indicator [4]

Dear Alice,

I've seen some info online, but can you suggest an authoritative/exhaustive source on what health information, if any, one might gleam from the condition of one's fingernails, i.e., ridges, indents, coloration, spotting, etc.?

Read more [4]
Taking care of an ingrown toenail

Dear Alice,

The nail on my toe seems to have cut deeply into the skin and is bothering me. I also seem to have the signs of fungus (colored nail). What non-surgical methods exist to cure these?

Regards,

B.

Beauty salon health risks?

Dear Alice,

When you go to a beauty salon for a manicure, pedicure, waxing, whatever, where you’re likely to be poked and prodded by various implements during the service, how much of a risk are you running of picking up a communicable disease?

Signed,

What Price Beauty?
If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/node/24471#comment-0

Links