

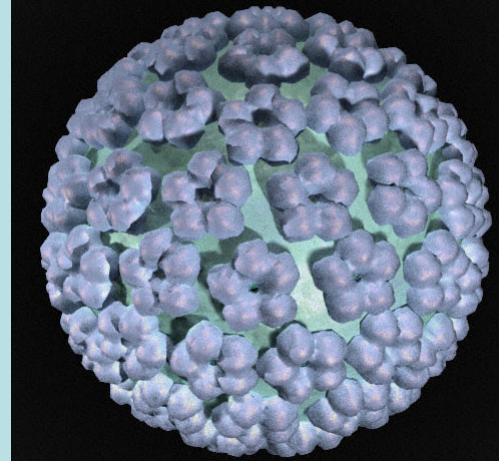
Warts / Verrucae

Warts are a type of infection caused by viruses in the human papillomavirus (HPV) family. There are more than 100 types of HPV viruses. Warts can grow on all parts of your body. They can grow on your skin, on the inside of your mouth, on your genitals and on your rectal area. Common types of HPV tend to cause warts on the skin (such as the hands and fingers), while other HPV types tend to cause warts on the genitals and rectal area. Some people are more naturally resistant to the HPV viruses and don't seem to get warts as easily as other people.

The Wart disease (HPV) is incurable

Once you have the warts virus, you can never get rid of it. it lives in your DNA. You can treat and remove warts.

Human Papilloma Virus



Foot warts

Foot warts are usually on the soles (plantar area) of the feet and are called plantar warts. When plantar warts grow in clusters they are known as mosaic warts. Most plantar warts do not stick up above the surface like common warts because the pressure of walking flattens them and pushes them back into the skin. Like common warts, these warts may have black dots. Plantar warts have a bad reputation because they can be painful, feeling like a stone in the shoe.



Plantar warts (warts on the soles of your feet) can be highly painful. Your podiatrist can help alleviate the pain fast.



Management / treatment

Pain and cosmetic appearance may cause treatment to be considered. Health professionals have an obligation to explain management options to patients and ultimately leave the choice to the patients. However, the currently generally held recommendation is to allow the body's immune system time to recognize the virus and it will resolve spontaneously, although the timescale may be long.

<i>Caustics and keratolytic</i>	<i>Properties/mode of use</i>
Monochloroacetic acid	Saturated solution painted on.
Salicylic acid	Keratolytic 40%, 60% paste with mask around verruca, lesser and varying percentages in proprietary wart treatment products.
Silver nitrate	75% and 95%, if moistened too much prior to use will be diluted and have reduced action, paint on perhaps with etching of wart surface with a scalpel or a file first.
Homeopathic remedies	Tincture is painted on once or twice a day.

Almost all wart treatments rely on destruction of the wart tissue with an increased opportunity for the HPV antigen to be presented to the immune system, and possibly release of nitric oxide analogues/precursors to have an antitumour effect.

→ *We, podiatrists, will treat our patients with monochloroacetic acid.*

Case study



Verrucae: to treat or not to treat?

A 15 year-old girl had an asymptomatic but large plantar wart (verruca) on the plantar aspect of the third metatarsal joint. The patient had not had warts previously. The medical history and assessment of physical state revealed nothing abnormal, but the patient was due to take a series of examinations over the next few weeks. In addition to these factors an assessment of the patient's psycho-social aspect was made together with recreational commitments and the patients reaction to pain. The wart site, size and pain perceived were recorded in the patient's case notes for monitoring and evaluation purposes.

The option of not treating the verruca was discussed with the patient and the parent together with an outline of treatment options.

These included topical application of caustics of varying strengths, dermabrasion, cryotherapy, electrosurgery and complementary therapies, like homeopathic remedies.

In view of the impending examinations the patient and her parent elected to have no treatments and to arrange a further appointment if they wished after three months.