



Warts, Warts, Warts

Are they multiplying?

Plantar warts are common growths that occur on the bottom (plantar) surface of the foot. They are caused by a viral infection that may spread to other areas of the foot, or to other family members. According to the APMA (American Podiatric Medical Association) they occur most commonly in children between the ages of 12 and 16. Most warts are harmless but they may become very large and painful. They may also multiply into clusters referred to as "Mosaic Warts".



Warts appear rough and raised with well defined edges. They may be brown or gray in color, but colors may vary. The virus that causes warts is the human papilloma virus (HPV) and it may cause several different types of warts. Anyone can contract this virus. It invades the body through tiny cuts or breaks in the skin. This virus thrives in moist warm environments. Public showers, tub floors, and locker rooms are literally breeding grounds HPV.

Prevention

The APMA offers the following list to aid in the prevention of plantar warts:

- *Avoid walking barefoot except on sandy beaches*
- *Change socks and shoes daily*
- *Keep feet clean and dry*
- *Check children's feet periodically*
- *Avoid direct contact with warts from other persons or from other parts of the body*
- *Do not ignore growths on, or changes in, your skin*
- *Visit your Podiatric Physician as part of you annual health check-up*



Treatment

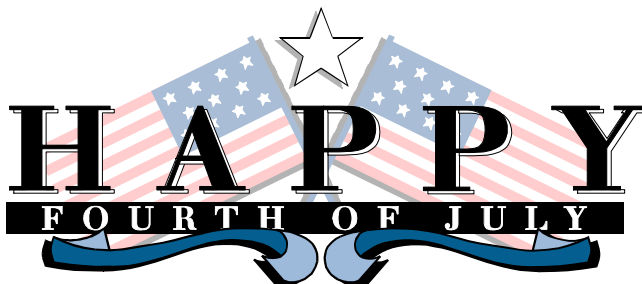
There are several methods of treatment for wart removal. After debridement (paring down) of the wart, your doctor may prescribe an acid paste for home use.

Cryotherapy or "freezing" warts destroys the virus and causes them to turn dark and "fall off" within a few days.

Warts may also be surgically removed under a local anesthetic.

Self treatment with "over-the-counter" medications is not recommended. You podiatrist can remove or treat your wart without destroying the other healthy tissue around the wart.

Be aware that some warts may become resistant to treatment and reoccur in the same place, even after treatment or surgical removal.





July Footfalls



Warts and Old Wives Tales

Three out of four people will develop a wart at some time in their lives, making warts the second most common dermatological complaint, after acne. Children and young adults are more prone to developing these bumpy growths than are adults, but anyone can catch them at any time.

Because in those long-ago days no one knew about viruses, folk beliefs sprang up to explain the sudden appearance of warts on the healthy. A child who had developed one of these growths on his hands was said to have handled a toad, with the toad passing one of its bumps to the unsuspecting youngster. Alternatively, he was said to have washed his hands in water that had been used to boil eggs.

Yet if folks were mildly curious about where warts came from, they were obsessed with getting rid of them, spawning numerous rituals and curious customs that were supposed to effect wart cures. One school of thought held that rubbing a wart with a bean pod and then in great secrecy burying the pod would rid one of the beasties — as the pod rotted away in the ground, so was the wart to subside. Another belief dictated the same formula be followed but that a slip of elder wood be used in place of the bean pod. Those who liked a little more gore in their cures could chop off the head of an eel, drip blood from the severed head onto the warts, then bury the eel head.

Also from the gruesome file was the practice of having the afflicted wear a live toad in a bag around his neck until the creature died. A milder version of this ritual called for the wart bearer to carry a toad's leg with him until the warts went away.

Not all wart cures required that something be buried or killed. Warts could also be sold, thrown, given, or washed away. One gave warts to the dead by one of three methods: rubbing the afflicted area while watching a funeral procession go past, throwing a stone after the hearse, or applying mud gathered from the boots of the mourners to the lesion. Each of the three acts had to be accompanied by a special chant, rhyme, or curse, such as "May these warts and the corpse pass away and never more return" or "Wart, Wart, follow the corpse". Warts could also be sold; all that was required was a buyer willing to take them. The price was not key: it could be large or small, but what mattered was the act of purchasing.



*source - <http://www.snopes.com/oldwives/warts.asp>

Chillicothe's fireworks display will be at Yoctangee Park, Monday July 4th at dusk

Dr. Boyle and Dr. Graham are accepting new patients. If you suffer from a painful foot condition, you may call our office at 740-775-7800 to schedule an appointment.