

# Your Next Step, P.C.

## FOOT NOTES

### SPECIAL EVENTS!

- ▲ Plantar Warts
- ▲ Laser Surgery for Warts
- ▲ Shop at our On-Line Store

### WARTS

Warts are a skin condition very commonly seen on the feet. More commonly known as a plantar wart (plantar meaning bottom of the foot). These growths are viral in nature. They are caused by the human papillomavirus (HPV). The virus is everywhere, which may explain why warts affect about 9 million Americans every year. They are considered benign tumors. The lesions generally occur spontaneously, but many times can be seen in areas of trauma such as after stepping on something that penetrates the skin thus creating an opening for other virus to manifest itself. Depending on where they are located on the foot they can be painful. More often than not if left untreated they will spread, but they are also known to spontaneously disappear as well.

A wart can be present as a solitary lesion or they can appear in clusters more commonly known as a mosaic wart. Many times they are more painful when squeezed compared to direct pressure applied to them. Warts contain their own blood supply, which is represented by the black dots that you may see within them. That is also the reason they bleed so readily when they are scraped.

Doctors who do not specialize in foot problems have misdiagnosed many warts over the years. Many times they are misdiagnosed as calluses (or calluses are mistakenly called warts). Other conditions such as porokeratosis, or plugged sweat glands are erroneously called warts.

There are what seem to be a hundred different treatments for warts. Our doctors use multiple treatments including laser treatment. There is also an abundance of folk remedies, the reason being that since warts can spontaneously disappear, the remedies end up getting the credit. There is a very high recurrence rate in the treatment of a wart. The problem with a plantar wart compared to a wart elsewhere on the body, is warts generally outgrowths, meaning that they grow out from the skin so most of the wart is visible making treatment simple.

Unfortunately, a wart on the bottom of the foot is pushed inward from walking on them meaning the majority of the wart is beneath the skin. This is complicated by the fact that many parts of the bottom of the foot contain thick skin further protecting the wart from treatment.

**Does a wart need to be treated?** One or two solitary lesions that do not hurt can be left alone and watched in the hopes that they may spontaneously disappear. However, should one notice that the warts are beginning to spread, treatment is highly recommended; the logic being that if ignored the wart will continue to spread, possible becoming painful, and that the more warts one has, the harder it will be to eradicate all of them. Treatment depends on their location and the number of warts present.

A wart over a bony prominence such as the ball of the foot should never be surgically removed because if a scar develops it may be as painful as the original wart. There are a million wart medications on the market, most of which are not strong enough for plantar warts (because the wart is beneath the skin). However, our podiatrists have available stronger medications which in conjunction with regular paring of the wart will eradicate most cases of warts. The upside to this treatment is that it is a reasonably painless experience and there should be no limitation on activity. The downside is that it can sometimes take a long time to eventually get rid of the wart.



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### LASER SURGERY for WARTS

Laser surgery is a popular method for wart removal. Because the laser beam cauterizes the wound as it destroys the wart, healing is usually quicker than conventional excision of a wart. For those who have many warts numbering in the dozens if not hundreds, simple acids or surgery will not work due to the large amount of warts that need to be treated.

There is a high recurrence rate with warts. If you have warts on other parts of your body, they too, have to be treated at the same time as the plantar warts; otherwise you will not get rid of the warts on your feet.

### ***On-Line Shopping at Your Next Step***

To find and purchase your item(s) on our online store:

1. Visit [www.yournextstep.net](http://www.yournextstep.net)
2. Click on the "Foot Care Store" link.
3. Search for your product by "Manufacturer" or your "Condition."
4. Once you find your product, add it to your "Shopping Cart."
5. Follow the instructions on our site to pay by credit card (Our online store is a "secure site", which you can trust with credit card information).
6. Expect to receive your order by mail in 3-5 business days.