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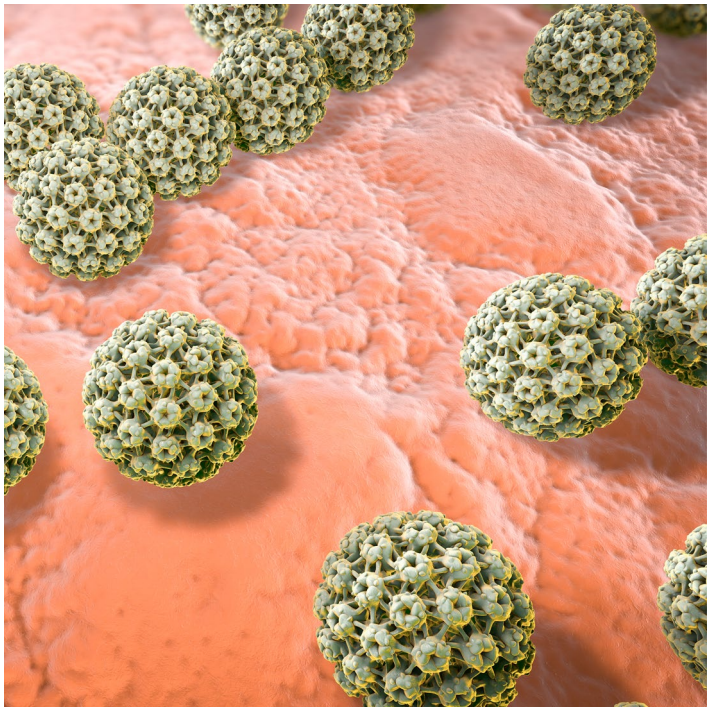


WARTS

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What are warts?

Warts are the soft tissue malformation caused by the group of viruses called Human Papilloma Virus (HPV). They can present anywhere on the skin or mucus membranes of the body most commonly the feet. Warts are contagious and can be easily transmitted from skin to skin contact and contact with the virus in an environment it thrives in. Such as warm moist areas such as public pools, change rooms & showers.





How can I stop myself or my family from getting warts/plantar warts?

Avoid contact with areas of high contamination such as public swimming pools, change rooms and direct contact with other warts. When you notice a plantar wart act quickly and get your podiatrist to treat it accordingly to avoid it spreading on yourself or to others.

Some precautions to take:

- Keep your feet off the ground in public places – wear sandals in the shower and on the pool deck
- Keep feet dry and clean
- Change socks regularly
- Wash the bathmat regularly

Check with your podiatrist

What to do if you get a wart

Seek professional assessment and management from your mhealth podiatrist. It is importance that they be professionally assessed. Although often harmless, warts can spread, effect peoples walking style, effect joints and become very painful and impact your quality of life significantly if left un treated. Mhealth podiatry offers multiple treatment options for warts such as salicylic acid, silver nitrate, injection therapy and expert advice and referral if needed. The idea of treatment is to stimulate your body's immune system to recognize the virus as foreign and to act on it and ride the body of it. Once stimulation occurs and healing is promoted the body often only needs two or three applications/cycles to get rid of the virus and the wart.

To avoid any problems and to ensure expert treatment book with your mhealth podiatrist today and follow any advice given.