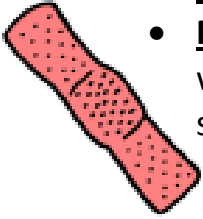


Warts

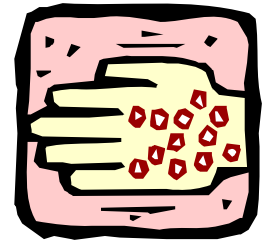
What is it?



- **Warts**- caused by a virus, skin growths, benign tumors (epidermis)
- **Plantar Warts**- on the bottom of the feet, under the skin, appear to be walking on small pieces of gravel, they appear and disappear for no reason, sensitive to changes in the immune system
 - **Doughnut shaped cushion, foam pad**- for pain relief

Signs and Symptoms:

- **Bleeding**- apply light pressure, cover with a bandage



Facts:

- **Warts**- can be bothersome, not dangerous, slightly contagious- spread to other parts of the body, rarely to other people
- **Genital/Anal Warts**- spread through sexual contact, may increase risk of cervical cancer in women occasionally detected by a Pap Smear test, usually not visible warts, can be removed by your Physician but may or may not cure the infection
- **Health Care Provider**- can remove, but often come back
- **Virus Responsible**- HPV, Human Papillomavirus, a double strand DNA virus
 - **Some HPV Subtypes**- can cause cervical cancer, wart related cancers
- **Warts**- do not have roots, grow in the top layer of the skin, occur in all ages, more common in children and young adults, spread by direct contact, related to the immune system, tend to stay longer if low immune system
 - **Low Immune System**- HIV/AIDS, cancer, lymphoma, chronic diseases

What can I do?

- **See your Health Care Provider**- if diabetic or any medical condition, see for treatment, cryotherapy
- **See a Registered Dietitian or FFF RD**- for help as needed, Salicylic Acid is sometimes used
- **ALWAYS**- wash hands after touching the wart, any stone or file used on the wart
- **AVOID**- cutting, burning

