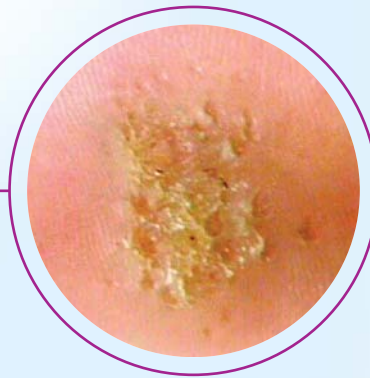


A quick guide to:

VERRUCAS



Verrucas are simply warts on the feet. The pressure of standing causes them to be pressed inwards, resulting in a flat appearance. They are often mistaken for corns and can be very painful.

APPEARANCE

Verrucas appear on the sole of the foot and in between the toes. They most commonly occur in areas of pressure – on the heel or ball of the foot. They look like rough or granular patches of skin that are irregular in shape and have tiny black or brown spots. The spots are not, as often believed, roots but are caused by bleeding in the verruca.

They can grow to a centimetre or more in diameter and may spread into a cluster of small warts.

CAUSES

Verrucas are caused by the human papilloma virus (HPV) which is very contagious. It thrives in warm, moist environments such as gyms or swimming pool changing rooms and bathrooms. It can be transferred and picked up easily by those walking around barefoot.

SYMPTOMS

On a weight bearing area, such as the heel or ball of the foot, verrucas can cause a sharp, burning pain and feel like a small stone under the sole of the foot. On a non-weight bearing area, they protrude above skin level, are fleshier and usually cause less pain.

PREVENTION

You can minimise your risk of catching the virus by wearing flip flops or sandals in communal changing rooms and pools. Avoid sharing socks or shoes with other people.

TREATMENT

Keratolytic agents, such as salicylic acid, can be used to destroy the verruca cells. This is a relatively simple treatment, with the salicylic acid being applied topically to the verruca by means of a self-adhesive plaster.

Alternatively, the wart can be frozen using a cryogen freeze spray to kill the cells and create a blister under the verruca which then heals, leaving just healthy skin.

For more information please visit:

www.carnationfootcare.co.uk

or speak to your podiatrist.