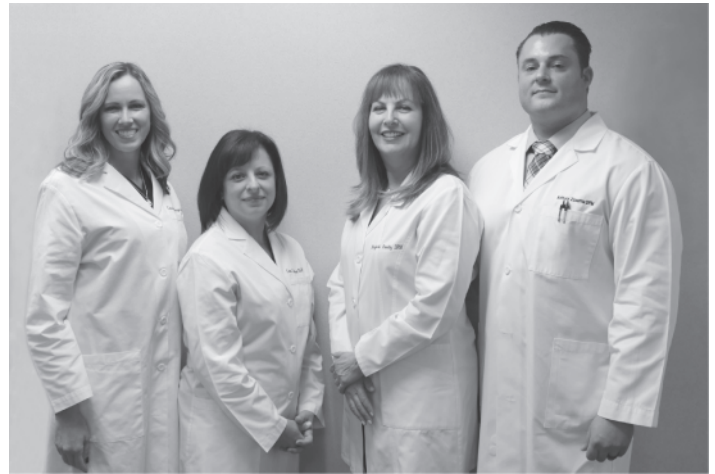


FOOTNOTES

*“Health Care Tips
On The Feet”*

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PLANTAR WART

A plantar wart (verruca plantaris) is a viral infection of the skin caused by the Human Papilloma Virus (HPV), which occurs on the bottom of the foot. Normally it appears as an area of rough and thickened skin with well-defined borders. There may be darkened lines in the wart that are often mistaken for splinters. They are not always painful when touched, but if pinched the pain can be excruciating.

The verruca virus is contagious. It enters through an area of damage to the skin. Swimming pools, gyms, and dressing rooms

are common sources of infection. Children suffer from this condition more frequently than adults.

The plantar wart can resemble other skin conditions such as corns and calluses. It must be carefully differentiated from these conditions so that the appropriate treatment can be started. If you know you have a wart, over-the-counter treatments can be tried, but if the condition does not resolve in a few weeks or if it is becoming larger and more painful an evaluation by your Podiatric physician is essential.

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