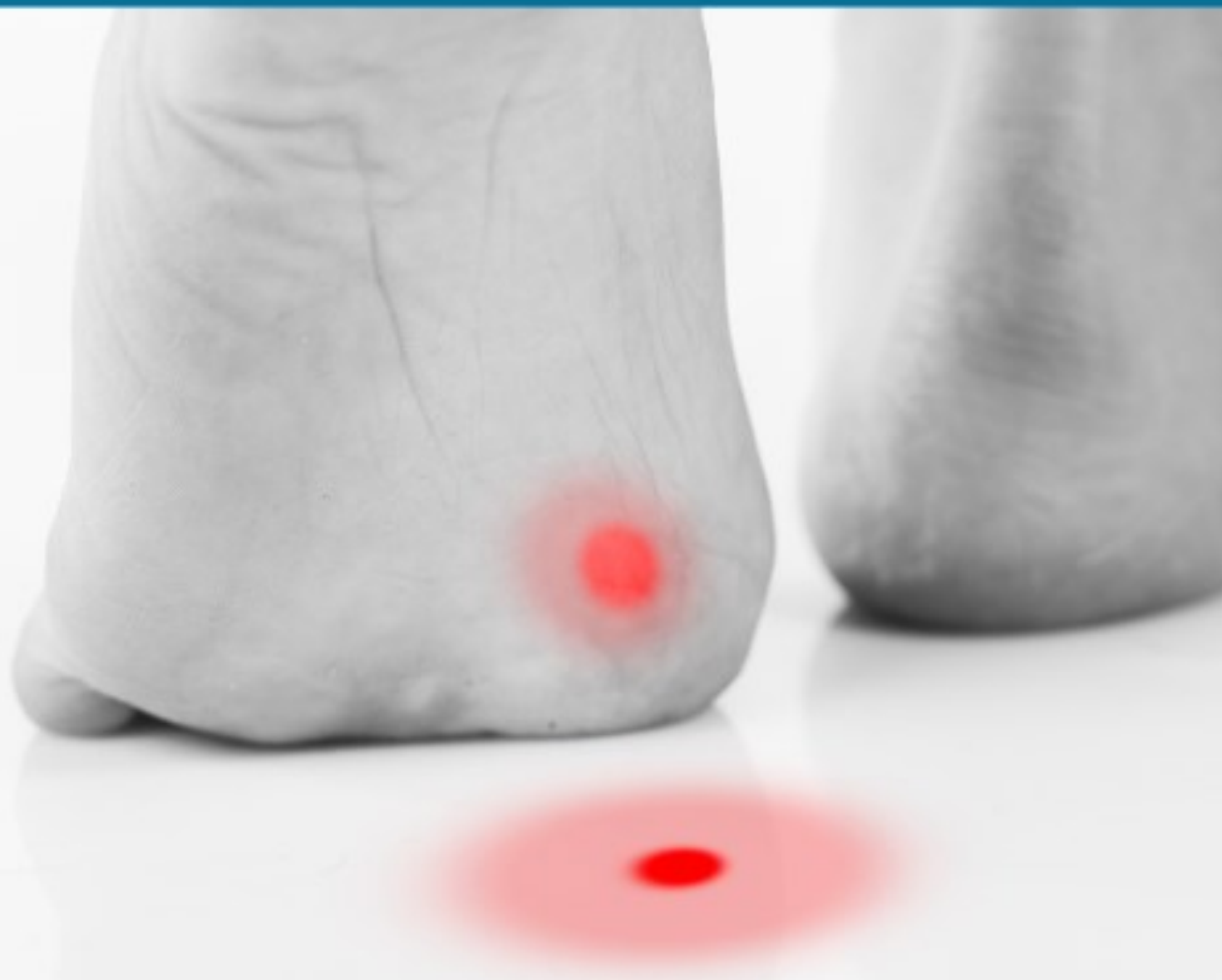


How to Get Rid of Plantar Warts

Dr. Rion Berg





By downloading this book, you've expressed interest in learning about effective treatments for plantar warts. Perhaps you've had plantar warts in the past and they keep coming back. Or it's the first time you've had them and you want to know more about them. I'm Dr. Rion Berg and I've been successfully treating plantar warts for over 40 years. I hope you get the information you're seeking from this eBook.

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What Are Plantar Warts?

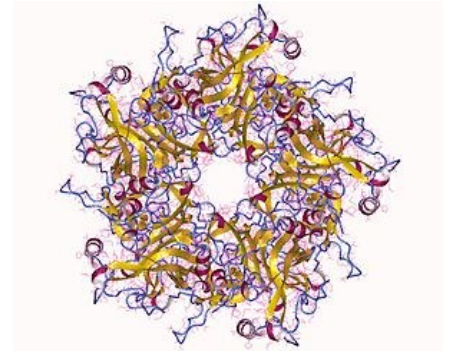
Plantar warts or verrucas are skin lesions. Plantar means “sole of the foot” giving plantar warts their name.

However, you can also get plantar warts on top of your feet and on your toes. Pressure from bearing weight on warts can cause hard callused skin to grow over them. That’s why they are sometimes mistaken for corns or calluses. While warts are harmless, they can also be very painful.

Warts are caused by HPV or Human Papilloma Virus. Like many viruses, they can easily spread from person to person or by touching objects used by the infected person. They also thrive in warm environments.

Typical vehicles for spreading warts are:

- Sharing towels or other personal objects such as nail clippers
- Public pools
- Locker rooms
- Yoga, gymnastics, and martial art studios (places where people tend to go barefoot)



Human Papilloma Virus

Who Is At Risk For Plantar Warts?

While anyone can develop plantar warts, children and teenagers are most likely to get them. Plantar warts are also common in people who have a depressed or weak immune system (eg. Type 2 diabetes or cancer) and in people with a history of plantar warts.



What Do Plantar Warts Look Like?

Plantar warts can vary greatly in their appearance and can appear at the base of the toes, ball of the feet or the heel.

Typical appearance for warts:

- Fleshy, rough, grainy lesions
- Hard and flat lesions, with a rough surface and well-defined boundaries
- Gray or brown lesions (but the color may vary), with pinpointes of black in the center

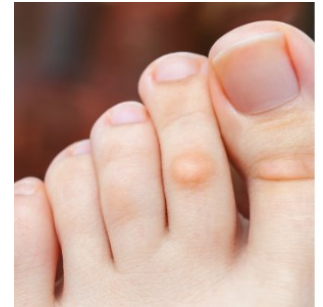


Symptoms of Plantar Warts

In addition to their unsightly appearance, plantar warts can be painful. That's because they develop in places where you bear weight, such as the ball or heel of the foot, can cause a sharp, burning pain. While pain typically occurs with standing and walking, pressure on the side of a wart (such as when you squeeze it) can also create intense pain. The number and size of warts can also influence the pain you experience, with increasing pain with greater number and size.

How to Distinguish Between Plantar Warts and Corns or Calluses

As mentioned earlier, sometimes warts are confused with corns or calluses. While they can look similar, warts are frequently more elevated, interrupt the normal skin lines (with corns and calluses you can see skin lines), may increase in size and number grouped in a small area, and will bleed when trimmed superficially.



Corn

How Are Warts Treated?

While there are plenty of old wives tales about wart treatments from duct tape to bacon, none of them work. Sometimes warts will go away on their own when your immune system eliminates the virus, but most people don't want to wait for that to happen because of the pain. In addition, the longer you have them the more likely they are to spread to other parts of your body or to other people.



Home Treatment

First, you should only attempt to treat warts at home if you do not have a weakened immune system. Anyone with diabetes or cancer should avoid these remedies.

Salicylic acid is the active ingredient in many home remedies for warts. They work by removing layers of the wart a little at a time. Other treatments aim to freeze the wart, but these treatments are flammable and are not strong enough to penetrate the skin and completely reach the wart.

As mentioned earlier, other folk remedies such as use of duct tape do not work.



In Office Treatments

Chemical Treatment, Surgery, and Cryotherapy

In the past our office only used chemical treatment and surgery to eliminate warts. Other offices use cryotherapy to freeze them. But these treatments can be quite painful and can leave unsightly scars on your skin. They also don't allow people to get back to their activities right away.

Swift Microwave Treatment for Warts

In 2021 I learned about a revolutionary new treatment for warts called Swift. Swift was developed in the United Kingdom and was approved for use in 2019. Instead of destroying plantar warts directly, Swift targets HPV the virus that causes the warts.



How Does It Work?

Swift delivers low-powered microwave energy through a special probe to target and destroy the cause of warts—HPV or Human Papilloma Virus. This ingenious system heats up water molecules within the wart exposing the virus to your immune system. This allows your immune system to recognize the virus as foreign and destroy it. Once it's destroyed, the wart disappears.

Patients receive an average of three Swift treatments given every 4 weeks to allow the immune system time to do its job.

Is It Painful?

Chemicals and cryotherapy for warts can be very painful. Fortunately, with Swift treatment any pain you feel is sharp and short, like an injection. Some people feel no pain at all. Any pain you might feel typically lasts only 3 or 4 seconds. You might experience some soreness afterwards. For patients with low pain tolerance our office provides a TENS unit and/or a local anesthetic.

Will It Leave A Wound or A Scar?

Because Swift does not destroy the skin, there is little chance for wounds or scarring. However, you may react to the treatment itself which can leave some changes to the skin.

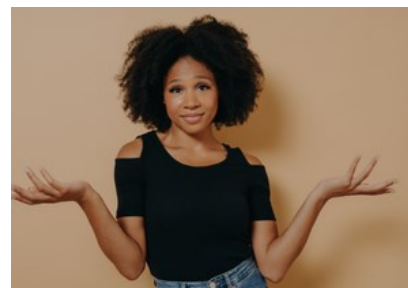
How Effective Is It?

Because Swift focuses on destroying the virus that causes plantar warts, it's much more effective in getting rid of warts and in preventing them from coming back. Check out the chart which shows the effectiveness of Swift vs. Older Destructive Therapies.

Effectiveness Swift vs. Older Destructive Therapies		
	Swift	Old Therapies
Effectiveness	85%	30-40%
Recurrence Rate	<1%	20%

Should I Get Swift Treatment for My Plantar Warts?

If your warts are painful or bleeding, keep coming back, or you want to avoid scarring, Swift Microwave Therapy would be an excellent treatment for you.



Prevention of Warts

Like any condition that spreads it's best to avoid the situations that put you at risk. At the very least you can take measures to prevent infection.

To prevent the spread of warts, follow these tips:

- Avoid direct contact with warts, both from other persons or from other parts of the body.
- Don't share foot implements such as clippers with someone who has warts, unless you sterilize them with alcohol first.
- Avoid walking barefoot, except on sandy beaches.
- Change your shoes and socks daily.
- Check your children's feet periodically.
- Keep your feet clean and dry.
- Wear flip flops in locker rooms and public showers.
- Bring your own yoga mat to class.
- Talk to the owners of your gymnastic or martial arts center to be sure mats are disinfected on a regular basis. Have your child thoroughly wash their feet after class.
- Wear socks when travelling through airports

Don't wait another day to get your warts treated! Want to learn more about Swift and how it could work for you? Give our office a call at 206-368-7000 to set up an appointment or [request one online](#).



swift

Say Goodbye to Stubborn Warts
Say Hello to Swift