

Footnotes YOUR PARTNER IN PODIATRIC CARE

Monthly Newsletter of Podiatric Innovations

ISSUE 5: Verruca Pedis



MEDICAL *foot* SOLUTIONS INNOVATIVE HEALING



Typical Presentation



Treating Plantar Warts? We Can Help!

We know that treating plantar warts can be time consuming for you. Typically, it requires multiple patient visits. In the case of recalcitrant warts a combination of treatments is called for. You may not have the time, or the equipment (e.g. lasers) to provide this service. High patient expectations, low adherence to treatment and recurrence are also barriers to success.

As your partner in podiatric care, Medical Foot Solutions can help. Verruca pedis is one of the most common conditions we see and we have great success with treatment. We are also adept at encouraging patient adherence and minimizing recurrence through gentle patient education.

Feel free to refer patients, or contact us if you're experiencing a particularly stubborn presentation of the virus.

History of Warts

The humble wart has been afflicting mankind for many millennia. Warts were certainly well-known in ancient Greece and Roman. For centuries, they were considered a form of syphilis or gonorrhea. In traditional Chinese medicine they were known, quite appropriately, as the thousand day sore. It was not until 1940 when the human papilloma virus was first seen under an electron microscope that it became evident that plantar warts were caused by a virus.

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Verruca Pedis:

About the Human Papillomavirus (HPV)

The Human Papillomavirus is a family of small double-stranded DNA tumour viruses found worldwide. There are over 120 known strains of HPV (and there may be more). Plantar Warts are caused by HPV strains 1, 2, 4 and 57.

Why is Verruca Pedis So Difficult to Treat?

- The virus infects the stratum corneum layer of the skin — through cuts, scrapes and cracked or overly moist skin — once it is below the keratinized layer it is protected by an impressive arsenal of defenses, making it highly treatment resistant. In a typical viral infection, cellular damage occurs, causing the host cell to trigger the release of cytotoxic T cells that results in eradication of infected cells. Not in the case of HPV-infected cells! Antigen-presenting proteins are absent from the host cell wall, impeding immune response and suppression of inflammation.
- Interestingly, the virus does not contain the complement of genes needed for DNA replication, so it recruits the cellular factors it needs to replicate itself by deregulating cell growth in the epithelium's basal layer (the only tissue in which the virus can replicate). Since skin cells are uniquely designed for rapid replication the virus gains considerable growth abilities that it would otherwise not possess.

Treatment Options

- Topicals (Aldara, podophyllin, cantharidin, 5% Efidex)
- Tissue debridement with SALACID
- Electrocautery
- Surgical removal, under local anaesthetic
- Needling Technique, under local anaesthetic
- YAG 1064 nm LASER (Effective fluence 160-200 J/cm²)



RECALCITRANT

WARTS

YAG 1064 nm LASER + Excision
(highly effective, but scarring can be a problem)

Topical keratolytic (20% salicylic acid) + 5% Efidex (good option for patients on immune suppressing medication)

Topical (eg podophyllin) + Cimetidine (thought to have a weak effect on T-suppressor cells). This combination works well in the pediatric population.

Autoimmune Inoculation Therapy + YAG 1064 LASER

If modern treatments fail...here are some remedies from the past

Take a raw potato cut into 12 parts, each part to rub the wart for one minute, then gather the potato and place in a thin cloth, and then throw in manure. When the potato has rotted, the wart will disappear.

-OR-

Take a thin wooden stick, hold it over the fire and with the lit end still smoldering cauterize the wart. Repeat several times. A week later, the wart will fall off.

More than one million feet treated ...

At Medical Foot Solutions, we're always one step ahead. We opened our first clinic in Burlington, Ontario in 1999 with plans already forming for a second clinic in Milton, which opened in 2010. We have three provincially registered Chiropodists on staff and assess and treat more than 7,200 patients each year. Treatments range from general podiatric care and preventative maintenance to bio-mechanical assessments, diabetic wound debridement and soft tissue procedures. We also perform cutting-edge laser treatment and are one of only 3 clinics in Ontario qualified to perform the HyProCure® surgical procedure for correcting misaligned feet. Medical Foot Solutions is committed to providing the highest standard foot care.

If a patient is not completely satisfied, we offer a full refund. Referrals are always welcome.