

# Indiana Podiatry Group, Inc.

## April 2009 Newsletter

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“Our Patient’s care and comfort are our first Priority”

### What are Plantar Warts?

It is spring time and that means plantar warts will be on the rise. The word plantar just means the bottom of the foot. Therefore, any wart on the bottom of the foot is a plantar wart. Warts are encapsulated or walled off growths of a viral infection in the tissue. Warts are found mainly on children, teenagers, and young adults. Plantar warts on the feet are frequently painful with squeezing type pressure. In the vast majority of cases, the growth of a wart is preceded by some sort of skin puncture or wound defect that in all probability allowed an entry site for contamination. Whether we all have inactive or potential wart viruses circulating in our bodies or gain the virus through the wound is as of yet unclear.

An interesting and often confusing distinction must be made between certain calluses and plantar warts. Skin lines or striations can be seen through callus tissue whereas they will pass around a wart. In addition, plantar warts upon close examination, will often demonstrate small black dots which when trimmed will bleed. These are tiny blood vessels, which become caught in the growth itself and are absent in regular callus tissue. A final line of distinction in identifying a wart is in its response to pressure. Squeezing a wart will usually produce extreme pain as opposed to similar pain from direct pressure on calluses.

### Treatment

Warts that appear on the hands and fingers are usually more responsive to therapy than are those on the feet. The problem with warts is that the body does not usually recognize the infection. The professional methods of treatment available for plantar warts include just about everything from chemical applications and surgery to injections and high potency anti-acid medications. Unfortunately, there is no medication that can be used to directly kill the virus. The body needs to develop an immune response to the virus to destroy it, and the most effective way to achieve this is to mildly irritate the skin with a chemical. This irritation eventually attracts the immune system, and eventually the body will create antibodies to destroy the virus. This potentially can take time. Some warts respond quickly and some do not, and everyone heals at a different rate.

At Indiana Podiatry Group, we use a high potency salicylic acid to treat the warts, along with trichloroacetic acid. Patients and most doctors do not have these formulas. We find that applying these acids with a bandage for two days allows the wart to disappear much faster than just using over the counter medication, which in many cases does not work on feet. We then advise the patient to apply a lower potency salicylic acid preparation on a daily basis to keep the inflammation action progressing. The patient will be seen within one or two weeks depending on the severity of the condition. The advantage of this method is we do not need to surgically remove the wart. However, on persistent warts, we sometimes have to remove them.

The key is that the warts love moisture so make sure your feet are very dry and that you wear a shower shoe in the public gyms and around the pools. As you can see, in most cases, plantar warts can be removed without painful surgery. As always, at Indiana Podiatry Group, we strive to keep you comfortable while treating your warts.



If left untreated, warts can grow to an inch or more in circumference and can spread into clusters of warts. Like any other infectious lesion, plantar warts are spread by touching, scratching, or even by contact with skin shed from another wart. The wart may also bleed, another route for spreading.

# Get Ready – Spring is here!

## **ATTENTION!!!**

To all patients not currently under treatment.

If you have received orthotics within the last 3 years or surgery of any kind you are it is time for a follow up exam.

A \$20.00 discount will be applied to your copay or deductible balance. To schedule an appointment please call us!

Noblesville – 317-773-7787

Indianapolis – 317-841-7990

Go to our website to place an appointment request at;

[www.inpodiatrygroup.com](http://www.inpodiatrygroup.com)

### Meet Our Staff:

Scott L Schulman, DPM  
Scott R Kilberg, DPM

Melissa K., Practice Manager  
Lee W., Billing Manager  
Tina P., Medical Manager  
Brit L., Med. Assist  
Lindsey B., Med. Assist.  
Karen H., Receptionist  
Jill Z., Receptionist

## Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us than to entrust us with the referral of a friend or family member. Your trust and confidence means the world to us and has helped our practice grow over the years. We'd like to say a very big **THANK YOU!**

With that being said, we are starting a **Care to Share** Program.

We would like to reward you for the friends and family referrals that you send our way! Just fill out the form from our office and give it to anyone who may need to see us. We will credit **you and your referral** \$20.00 toward our podiatry services when this card is presented at their first appointment. Thank you for being such a great patient and trusting us enough to send us your friends and family!!!

We would like to extend a special happy birthday wish for all our patients and friends with an April birthday. We hope each one of you enjoys your special day!

