

# The War on Plantar Warts

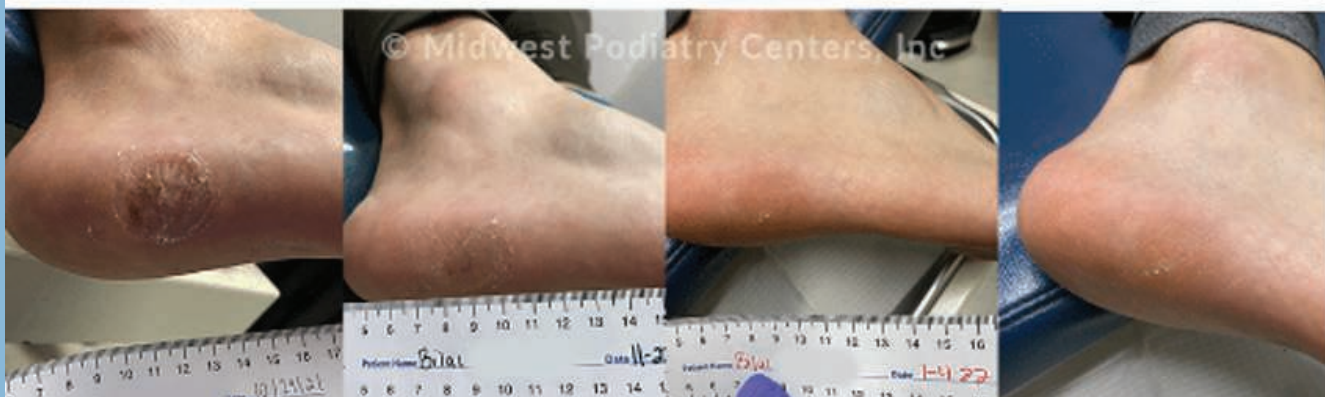
Plantar warts are caused by a strain of HPV (human papillomavirus) and often like to set up camp on the sole of the foot. The virus frequently invades the skin through tiny, inconspicuous cuts and abrasions. Kids and teens tend to be more susceptible to plantar warts, but anyone who walks barefoot in warm, moist environments such as locker rooms, communal shower areas, and swimming pool decking — tropical paradises for the virus — is at risk. This is the most common route for the virus to spread.

Plantar warts are typically hard and flat, have well-defined boundaries, rough surfaces, and when left untreated can grow up to one inch in circumference. They are often grayish or brownish in color with pinpoint black in the center (clotted blood vessels) and often single warts start to spread into clusters. Plantar warts sometimes become painful, especially when they're centered on weight-bearing areas of the foot, such as the ball of the foot or heel. When a person compensates for the pain by subtly changing their walking pattern, new discomfort can pop up.

If you've ever struggled with plantar warts in the past, the treatment options that were presented to you at the time were probably not especially appealing. Freezing, burning, or surgically scooping warts out of the feet can often cause long periods of pain, as well as post-treatment bleeding, bandaging, and other hassles. At Midwest Podiatry Centers we are proud to exclusively provide **Swift Microwave Treatment** to our patients! Swift offers many benefits that more traditional methods of plantar wart treatments don't. To find out more about this treatment that is less painful, less messy, won't require after care, and tends to be much faster, don't hesitate to give us a call.

### Swift Treatment Testimonial

"I am so happy at the speed and effectiveness of Swift." - Bilal





# Fall Word Find

Q N X A B O U V V K Z B B J V H A Z L Q K F Q S K  
 K P B C B H N M W Y W M A H A Y U L Y X L J L S W  
 B K H T W W Z S L Q Z J K R I D J Q W Q Y Z S R K  
 S F S A K L F T A N A O V O Z H R Q Y S U M V P Z  
 H E A C O R N K K H G E L P A O E I K E C D B V E  
 F Q V A D T L X R W S C N J Y G D N A L N M X B O  
 R K H A E H P N S T Z V F E U I I T B P M A L A A  
 H A I N E S U N F L O W E R S A C M F P C R C J M  
 L K K A X L I O V Q K E L I H P D Q S A C W C E T  
 R I J E O K V Y F H E E E X A N Q C O D X A K I J  
 Y P G T P Y U K L E X E Q G A U D S L B R S U A E  
 J M I M Z E G W Z M Q N H V T E U F G O A W L K T  
 P R U E F S V E V W N F J V T M D O E D I R Y A H  
 K P P S I P U V Y O W Y P V Q G H O Z N U X C Q N  
 Q Q G I F L O V B X M U U K D P N T O F H G A U G  
 X X M K P F T A H X N O N J W I B B A L E G J K J  
 A M T B J M L H L Y J G Q D Y O X A V T H N Q X U  
 D D P Z M D N R B X X Q R R N J I L I W Y K C Q J  
 L S O H U Y R A S C K R X R W C K L W C G E G L H  
 T A S P H G O A H W Y W A H H Z O A R A B A V C T  
 S K V O H J N D H D O B P Z W V Y W G D T Y A N A  
 K A C C S W R M G C D Z Z Y T U A M J M W Q C U Y  
 Y X U M U W L E H F R O N Z B C L O E W Z V L L Z  
 X X H J H P Q Y K L V O M O O Q N M U T U A G J E  
 V N N B P M Q X Y F J G I F U S G N A Z Q E B V L

## FIND THESE FALL WORDS!

- |         |            |          |
|---------|------------|----------|
| Acorn   | Apples     | Autumn   |
| Barn    | Cider      | Football |
| Harvest | Hayride    | Leaves   |
| Orchard | Pie        | Pumpkins |
| Rake    | Sunflowers |          |



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# Fighting Friction in Your Feet

Friction is not entirely a bad thing. If there was no friction, we'd always be sliding all over the floor!

But having too much friction against areas of the feet can cause a variety of problems. Skin tries to protect itself against these forces in a few different ways—none of which are all that pleasant or comfortable:

- **Corns** are thick, hardened layers of skin that tend to be raised from the surface. They tend to show up on areas that don't directly bear weight, such as the tops and sides of your toes.
- **Calluses**, like corns, are thick and hardened layers of skin, but they tend to be flatter and wider. They tend to show up where weight is directly being carried on the feet, such as the soles and heels.
- **Blisters** are small pockets of fluid that develop between the upper layers of the skin.

All of these conditions are natural attempts by the body to protect itself against forms of friction (although blisters can also be a response to burns or freezing as well). In order to properly address these problems, you need to address their causes.

In many cases, footwear is to blame. Ensure your shoes fit well and not rubbing against problem areas.

In other cases, the structure of your feet themselves may lead to excess pressure in certain areas. Deformities such as hammertoes or bunions often create prime locations for rubbing against the insides of shoes—although you don't have to have an obvious deformity for foot structure to be a contributing factor. We can help you determine the best types of footwear and protections, and potentially provide custom orthotics to shift weight away from "hot spots."

If corns, calluses, or blisters are a persistent problem for you, let us know. We can help!



## Morning Heel Pain? It May Be Plantar Fasciitis

We get that there are some days you have reasons not to want to get out of bed in the morning (and hopefully not often!).

If heel pain is one of those reasons, however, we need to talk.

A shooting, stabbing pain in the heels when your feet hit the floor in the morning is a common condition. There may be several reasons why this happens, but among the most likely of them is a condition known as plantar fasciitis.

The plantar fascia is a thick band of tissue that runs from the base of the toes to the heel bone. It provides shape and support when you walk.

If the plantar fasciia is exposed to too much stress and tension, such as from running without enough preparation or standing in one spot all day at a job, it can develop small tears and become inflamed.

So why does the pain happen in the morning? When the plantar fasciia is at rest, it can grow more rigid. The pain of the inflammation or irritation grows more intense when starting to use that area of your foot again, but will gradually decrease as the plantar fascia "warms up" and grows more flexible.

Do not let plantar fasciitis keep you from enjoying your mornings. Whether you are suffering from this condition or another form of heel pain, we have treatments that can help!



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## Hot Feet In The Cool Fall? Watch for These Early Signs of Neuropathy

We've all heard of getting cold feet, but what if they're always hot?

If your feet keep feeling like they're on fire even with the cooler fall air, there might be a reason. A burning sensation could be a sign of nerve damage, otherwise known as neuropathy. Damaged nerves misfire and send your brain signals that don't necessarily make sense—like burning pain, numbness, and tingling sensations that seem to have no root cause.

On the contrary, though, these are all warning signs of neuropathy, which can be attributed to many medical conditions, the most common being diabetes. Other culprits include vitamin deficiencies, kidney disease, alcohol abuse, drug side effects, fluid retention, poor circulation, hypertension, thyroid issues, Lyme disease, exposure to toxins, and more. Clearly, if you experience perpetually hot feet, or any of the symptoms mentioned above, you should seek medical help to determine what's behind the problem. Treatment to manage an underlying condition will go a long way toward easing discomfort and increasing your quality of life. In addition, certain medications and natural supplements may help minimize symptoms as well.

Ask our helpful staff for more information on how to keep your feet feeling as cool as the refreshing fall temperatures.

