



Breakthrough Podiatry

A revolution in foot care

Newsletter July 2006

Vanquish Verruca! Mandy, a 12 year-old junior high student and Breakthrough Podiatry patient, came in with her mother complaining of an painful wart on her foot. Her mother states, "Mandy complains that her foot is hurting her during gym class, and she is going to start cross-country running soon." Mandy and her mom both state, "they have tried the pharmacy freeze spray and acid and it didn't work." Mandy says, "this wart is gross, can you get rid of it?"

Mandy's pain is caused by a podiatric disorder known as an verruca plantaris, plantar warts are a wide-spread problem affecting thousands of young people each year. Warts are painful and annoying, and sometimes last months and years if not properly treated. Fortunately for Mandy and other Breakthrough Podiatry patients, she was liberated from pain within 5 visits.

The primary cause of a wart is the human papilloma virus. This wart virus usually strikes patients between the ages of 5-25, but can be seen at any age. The virus will penetrate the epidermal layer of the skin and sit atop the dermal papillae. There it will feed from the capillaries that feed the skin, allowing it to grow in size, or spread to other parts of the feet. The wart will obliterate the skin lines, and shows a regular pinpoint bleeding pattern upon debridement.

Physicians can combat plantar verruca by being aware of the most common symptoms and then referring them to Breakthrough Podiatry, where patients will benefit from the latest ground-breaking treatment methods to obtain exceptional outcomes.



Common symptoms include:

- 1) Thick callused skin with obliteration of skin lines**
- 2) Pain on lateral palpation of the lesion**
- 3) Pinpoint bleeding upon debridement of the lesion**

Treatment options:

Topical acids / Aldara cream / Pulsed dye Laser

Dr. Bruce Williams specializes in

Plantar Warts (verruca plantaris)

and other podiatric disorders.

Valparaiso & Merrillville

(219) 769-0977

(219) 462-7881

Monday-Friday

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome