

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Plantar Warts in Children

It is normal for parents to become worried when their toddler develops growths on the skin. However, warts frequently appear on children. So much so some are called “common warts”, though frequently warts are found on the bottom of feet: these are plantar warts.

Plantar warts are typically small with rough growths of skin on the feet. They are caused by the human papillomavirus (HPV) and usually enter the body opportunistically.

Symptoms of Plantar Warts

Plantar warts look similar to other warts but are deeper in the thick skin of the sole of the foot. Some signs that a kid is suffering from plantar warts include:

- Pain or tenderness when standing or walking

- Presence of a small, rough growth on the bottom of the foot, mostly at the toes’ base or on the heel or ball
- Discoloration of a patch on the sole of the foot
- Discomfort while walking
- Bleeding
- Presence of black or brown specks within the wart, with some hard skin present.
- There is a interruption of the normal lines and ridges in the skin of your foot by a new warty growth on the skin

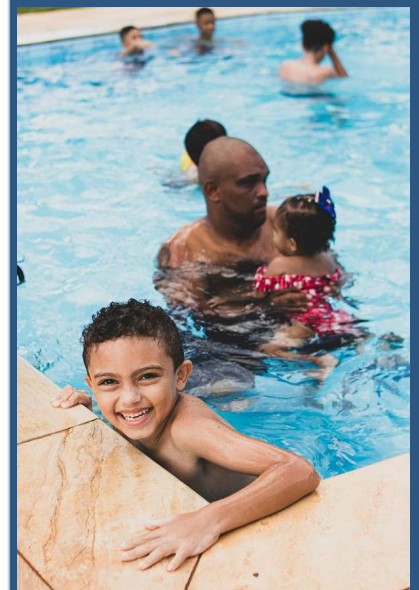
Causes Of Plantar Warts in Toddlers

Plantar warts are caused by HPV as it enters the body from cuts or breaks in the skin. The HPV strain is commonly present in a warm, moist environment.

Kids who walk barefoot around public shower rooms or pools are at a high risk of contracting plantar warts.

Oh No!!

In June we had 16 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list.



Plantar Warts in Children (Cont'd from previous page)

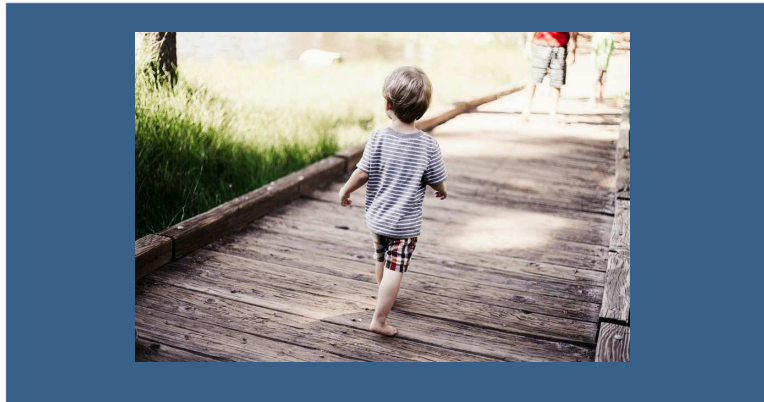
Plantar warts can also be transferred through direct contact with individuals with the virus.

Preventing Plantar Warts

Here are some tips to prevent plantar warts in your children:

- Always keep your kids' feet dry and clean.

- Ensure your kids do not walk barefoot around public showers and swimming pools.
- Always change your kid's socks and shoes every day.
- Avoid picking the wart on an affected person to help ensure it does not spread.



- Always clean your hands after touching someone infected to prevent the spread of plantar warts.

Plantar warts grow inward, which can make self-treatment quite hard. Be sure to schedule an appointment with a podiatric physician if:

- The plantar wart is bleeding.
- Your child has a weakened immune system
- Your child is experiencing pain
- The color or the appearance of the wart changes
- You are not sure that your kid is suffering from plantar warts

A Chiropodist can diagnose plantar warts by looking at the affected area. However, there are cases where a biopsy may be performed so that your medical team can examine it further.

Treating Plantar Warts

HOME TREATMENT MAY INCLUDE OVER THE COUNTER SALICYLIC ACID

PRODUCTS. Ask your pharmacist if these are right for you.

A successful way to now professionally treat warts is with Swift® microwave therapy. Ask us about this today.

Some of the other ways to professionally treat plantar warts are listed here:

- Using salicylic acid solution or other medicines on the wart
- By freezing the wart (cryotherapy)
- By cutting out or surgically removing the wart
- Through laser treatments to burn off the blood vessels feeding the wart
- Using electrical current on the wart

Plantar warts can become resistant to treatment, and you may need more than one treatment to remove. If you suspect that your child has plantar warts, make sure to visit us as soon as possible. ♦

Sandals and Foot Care

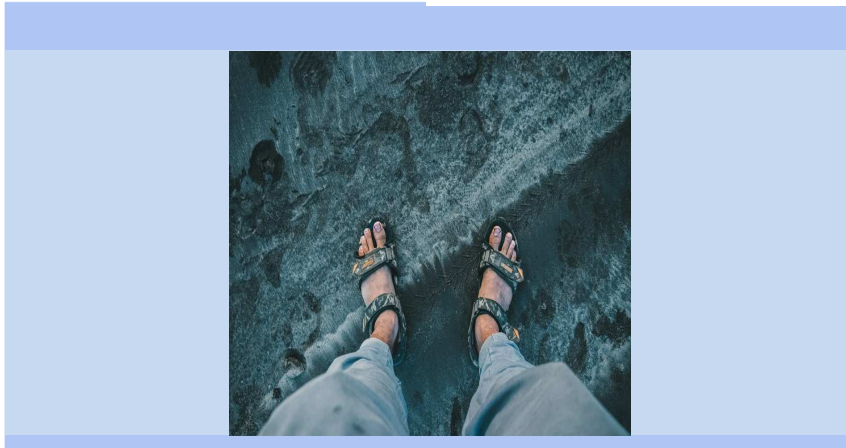
Sandals are a popular form of footwear, especially in summer. Sandals offer excellent breathability, which is beneficial for preventing conditions such as athlete's foot. The open design of sandals also allows for better air circulation, reducing foot odor and promoting hygiene.

Further, sandals are generally easier to put on and take off than closed shoes, making them convenient for quick trips outside or for people

with mobility issues. Sandals come in various styles that may fit casual and formal settings.

Downsides of Wearing Sandals

Despite their benefits, wearing sandals can also pose certain risks. One of the main downsides is the need for more support and protection.



Many sandals, especially slip-on flat ones like flip-flops and sliders, do not offer much protection or support. The lack of support sometimes causes foot pain or exacerbates conditions like plantar fasciitis. Moreover, the open design exposes feet to potential injuries such as cuts, scrapes, or bruises. Toenail injuries when wearing flipflops and sliders are very common.

Another risk is the potential for improper fit, leading to blisters and calluses. Wearing sandals that lack proper cushioning can exacerbate joint pain and back problems due to inadequate shock absorption.

Alternatives to Sandals in Summer

There are alternatives for those who prefer not to wear sandals but still want breathable and comfortable footwear for summer. Athletic shoes made from lightweight, breathable materials can provide better support and protection while allowing ventilation. Mesh sneakers, for example, are designed to be airy and comfortable during hot weather.

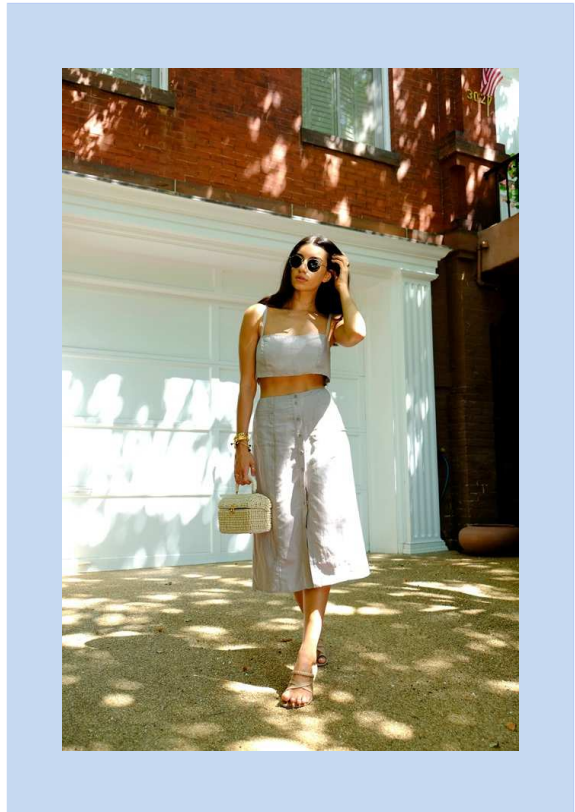
Another option are deck shoes, which are typically made from natural materials like leather or canvas and offer a balance between structure and protection.

Sandals and Foot Care (Cont'd from previous page)

Recommended Types of Sandals for Foot Health

When choosing sandals, it is essential to look for designs that offer good support and comfort. “Trek” or “Hiking” sandals, which often feature tough durable outsoles, contoured footbeds, arch support, and cushioning, are an excellent choice for maintaining foot health. They will have at least three padded Velcro closures – one over the forefoot, one over the midfoot and one around the heel. You will find this style of sandal in your local outdoors activity store.

For those who prefer a more fashionable option, consider sandals with adjustable straps, as they can provide a better fit and reduce the risk of blisters and other foot issues.



Look for sandals with a very slight heel or wedge, as these can offer better arch support than completely flat styles. Additionally, sandals with shock-absorbing soles can help reduce the impact on your joints, making them a healthier choice for prolonged wear.

Conclusion

Sandals can be a convenient choice of footwear, especially in the summer. However, it's important to be aware of the potential risks and to choose designs that offer proper support. By selecting the right sandals, you can experience their benefits without compromising foot health. ♦

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