



# Understanding and Treating Warts: Causes, Symptoms and Treatments

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## INTRODUCTION

Warts are a common skin disease that affects people of all ages. Warts are usually harmless but they can be unsightly and cause discomfort and embarrassment. The purpose of this article is to provide a comprehensive overview of warts, including their causes, symptoms and available treatments. Understanding the nature of warts and effective treatments can help reduce symptoms and improve quality of life. There are different types of warts, including common warts, plantar warts, flat warts and genital warts. Each type differs in appearance and body position.

## DESCRIPTION

Warts are contagious and can be spread through direct contact with an infected person or a contaminated surface. Warts form when the HPV virus enters the body through small cuts or tears in the skin. Certain risk factors, such as a weakened immune system, frequent exposure to damp environments and skin-to-skin contact with an infected person, increase the likelihood of contracting the virus and developing warts. Children and people with weakened immune systems are especially prone to warts. Warts have distinct features that help identify them. Common warts usually appear as bumps on the rough surface, often on the hands, fingers or knees. Plantar warts occur on the soles of the feet and can be painful when walking. Flat warts are smoother and flatter than other types and are often concentrated on the face, arms and legs. Genital warts are usually found on the genital and anal areas and require immediate medical attention. Over-the-counter treatments: Various over-the-counter drugs, such as salicylic acid, can be

used to treat common warts. These solutions work by slowly destroying the wart tissue, eventually facilitating its removal. It is important to follow the instructions carefully and see a doctor if the warts persist or become painful. In cryotherapy, warts are frozen in liquid nitrogen and fall off within days to weeks. This is a common and effective treatment option for various types of warts and is usually performed by a medical professional. Operating distance: In some cases, surgery may be needed to remove the wart. In this procedure, the wart is cut or burned with an electric needle or laser. It is usually only used for larger or stubborn warts where other treatments have failed. Prescription drugs: To treat certain types of warts, your dermatologist may prescribe topical creams containing ingredients such as imiquimod and podophyllin. These drugs work by stimulating the immune system or destroying wart tissue. Immunotherapy is a treatment option for people with extensive or recurrent warts. This stimulates the body's immune response to the virus and helps remove the wart.

## CONCLUSION

Good hygiene and certain precautions should be taken to prevent the spread of warts. These include avoiding direct contact with warts, keeping skin clean and dry, not picking or scratching warts and wearing appropriate shoes in public places such as swimming pools and locker rooms. It is included. Strengthening your immune system through a balanced diet, regular exercise and adequate sleep can also help prevent warts. Warts are common, but it's important to understand their causes, symptoms and available treatments.

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