



FOOT SENSE

A monthly newsletter from your podiatrist



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Happy Thanksgiving



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Swift: New Immune Therapy for Treatment of Plantar Warts

If you're like most people, you've probably had warts. You know how embarrassing they can be. And if you've had them on the bottom of your feet, you've likely experienced some pain or irritation. These warts are called plantar warts.

If you or a loved one has them right now, you're probably wondering how you can get rid of them. Here at the Foot and Ankle Center of Lake City, we're thrilled to announce that we are the first practice in Seattle to offer Swift Microwave Therapy for Warts.



Before going into the details about this amazing new therapy, let's talk about their causes, risk factors, and symptoms.

Causes and Risk Factors for Plantar Warts

Plantar warts are caused by HPV or the Human Papilloma Virus. The virus that causes plantar warts thrives in warm, moist environments. That's why our shoes, public pools, and locker rooms are a perfect breeding ground for warts. Places where people tend to go barefoot, like yoga, gymnastics, and martial art studios, are also hotbeds for spreading the virus.

People most at risk for warts are children, elderly people, and those with a weakened immune system such as those with Type 1 or Type 2 diabetes.

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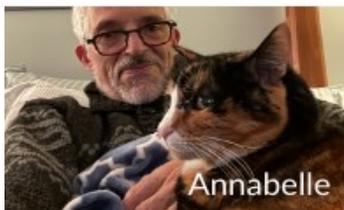
Dr. Comfort Bamboo Diabetic Socks can protect your feet from developing ulcers

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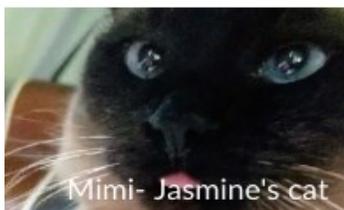
For the Love of Cats



Annabelle



Honey-Lucy's grandcat

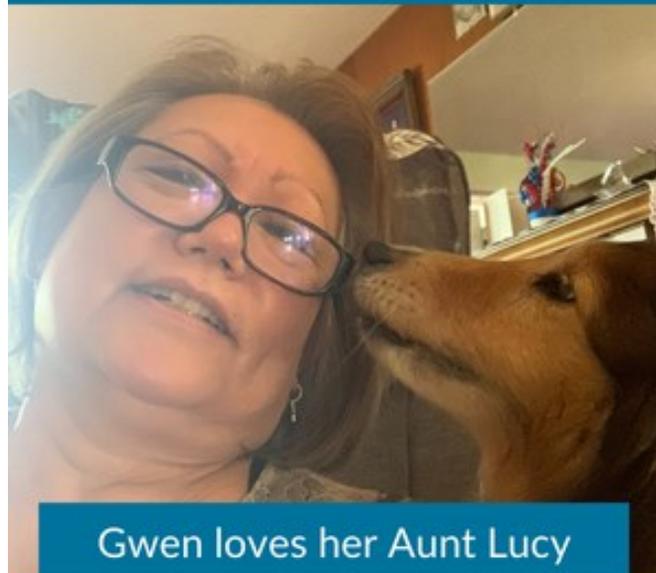


Mimi- Jasmine's cat



Ketzeleh- Lynn's cat

And A Dog



Gwen loves her Aunt Lucy

Roasted Turkey Breast

While many of us are aching for large family gatherings for Thanksgiving, many are keeping things small. A roast turkey breast is perfect for cozier celebrations.

- Avocado oil spray
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 1 boneless skin-on turkey breast half (about 2 lb.)
- 2 tablespoons melted butter



INSTRUCTIONS

1. Preheat your oven to 450 degrees F. Fit a rimmed roasting pan with a roasting rack and spray the rack with avocado oil.
2. In a small bowl, mix together the kosher salt, black pepper, garlic powder, paprika, and thyme.
3. Place the turkey breast on a work surface such as a cutting board. Pat it dry with paper towels. Brush on both sides with the melted butter, then rub it on both sides with the spices.
4. Place the turkey breast, skin side up, on the prepared roasting rack. Spray the top with avocado oil.
5. Roast for 20 minutes. Loosely cover with foil to protect the top from scorching, then continue roasting until it reaches an internal temperature of 160 degrees F, 25-40 more minutes. Total roasting time will be 45-60 minutes.
6. Remove the roasted turkey breast from the oven. Allow to rest for 20 minutes before carving.

Plantar Wart Symptoms

After exposure to HPV, it can take many months of growth before you'll notice a wart. Plantar warts found on the ball or heel of the foot can cause sharp, burning pain.

While pain typically occurs with standing and walking, pressure on the side of a wart can also create intense pain. The number and size of warts can also influence the pain you experience, with increasing pain with greater number and size.

Plantar warts can vary greatly in their appearance and can appear at the base of the toes, ball of the feet or the heel.

They can show up as:

- Fleshy, rough, grainy lesions
- Hard and flat lesions, with a rough surface and well-defined boundaries
- Gray or brown lesions (but the color may vary), with pinpoint of black in the center

Treatment for Plantar Warts

Up until now all we had to offer patients with warts were messy and painful chemicals and cryotherapy. Not only do these treatments hurt, they can leave a wound and scar.

Enter Swift Microwave Therapy

Swift is a new technology that uses immune therapy to treat your warts. It works by delivering low-powered microwave energy through a special probe to target and destroy the cause of warts—HPV or Human Papilloma Virus.

This ingenious system heats up water molecules within the wart exposing the virus to your immune system.



This allows your immune system to recognize the virus as foreign and destroy it. Once it's destroyed, the wart disappears.

What to Expect from Treatments with Swift

You'll receive your first Swift treatment the same day you come in. It takes on average three treatments for Swift to work most effectively. These treatments are spaced 4 weeks apart to give your immune system time to do its job.

Is It Painful?

Any pain you might feel is sharp and short, like an injection and lasts only a few seconds. Some people feel no pain at all. You might experience some soreness afterwards, but that's it.

Will It Leave A Wound or A Scar?

The Swift System does not break the skin, so you never have to worry about blisters or other scarring from the treatment.

How Effective is Swift?

Swift delivers a much more precise, high-controlled energy dose than traditional treatments. Treated tissue is quickly repaired, replaced, and regenerated. **As a result, Swift is a highly effective treatment for warts, with an 85% success rate with only 1% recurrence rate.**

Is There Downtime?

There is absolutely no downtime. Because we don't break the skin or use messy peels, once you leave the office you can go about your daily activities with no restrictions.

How Long Does It Take?

The treatment takes only takes 2-3 seconds so your visits will be quick, under 15 minutes.

Is It Safe for Kids?

Swift treatment is safe for everyone. It's a great treatment for kids because pain is minimal and doesn't last.

9 Home Maintenance Tips for the Winter Months

I'm writing this on a glorious fall day. The sun is out and there's a snap in the air. A nice reprieve from all the rain we've been having. I spend a lot of time this year making sure I've battened down the hatches of my boat, wrapped up my watering hoses, raked my leaves (never ending), and cleaned my gutters. But what else do you need to do to ensure your house is safe and dry for the winter?

Here are 9 home maintenance tips to see you through:

1. Secure your home from pests and other critters: add screens to attic vents, check openings to your chimney and seal cracks.
2. Clean your air vents: [check out how this couple does it.](#)
3. Check exterior hand railings and stairs to be sure they're secure.
4. Clean out your fridge to get ready for the holidays.
5. Check your smoke alarms and CO2 detectors.
6. Replace weather stripping on doors and windows
7. Get a car safety kit
8. Install an insulated faucet cover on your outside faucet.
9. Buy a shovel if you don't already have one.

Source: Realestatespice.com