

# Viral Warts

Warts are skin infections caused by the Human Papillomavirus (HPV). There are many types of HPV that are responsible for various types of warts, including common warts, plane warts, plantar warts and genital warts.



Wart is contagious and it can spread from one part of the body to another. The virus may also enter the body through cuts or wounds, or it can be transmitted through direct skin contact with another person such as shaking hands. Sharing towels or objects with an infected person can also spread the disease.

HPV may be incubated and stay inactive in the body for several months before warts are developed. The patient may notice the skin gradually thicken and feel rough with small hard lumps. Warts can appear and grow on different parts of the body. Common sites include face, neck, hands or feet. The diagnosis is usually based on its typical appearance of the cauliflower-like surface with a thickened skin growth.

## How to treat warts?

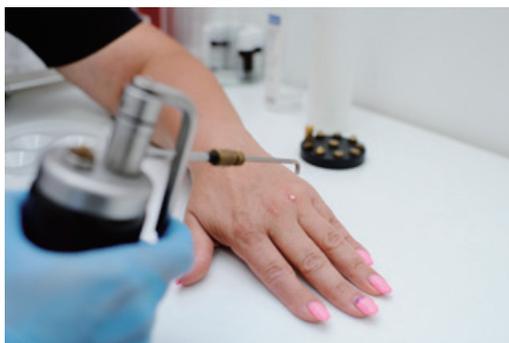
There are different treatment options available, the choice depends on the size and location of the warts and patients' preference.

### Topical medication

Topical medication like salicylic acid and imiquimod cream may be used if there are limited numbers of lesions, but it may take a few months to work and may irritate the skin.

### Cryotherapy

Cryotherapy uses liquid nitrogen to freeze the wart. Usually a few sessions are needed with 2 to 4 weeks interval. There might be pain when liquid nitrogen is applied onto the skin. Blisters may form after the procedure.



### Laser therapy

CO2 laser therapy heats up and vaporizes the warts. Usually one treatment session under topical anesthesia is needed. Scabs will form after laser therapy, and usually fall off after 1-2 weeks. Scarring is rare but post-laser pigment may occur especially for warts in the body and limbs.

### Surgical removal

Surgical removal may be essential for big and recalcitrant warts. The procedure may involve an incision to remove the wart directly from the skin under local anesthesia. Cautery is usually required to stop bleeding after surgery, scab will form after the procedure. Antiseptics and wound dressing are needed for aftercare.

## Prevention

- Maintain good personal hygiene, wash your hands after potentially touching someone's warts
- Wear self footwear in public areas like bathroom and pool
- Do not pick at a wart
- Do not share personal items like towels and razors
- Do not touch others' warts, wash your hands after touching
- Consult a doctor early if you noticed a suspicious warty growth

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# 病毒疣

疣是由人類乳頭瘤病毒 (HPV) 引起的皮膚感染。不同類型的HPV會引起不同類型的疣，包括普通疣、扁平疣、足底疣和生殖器疣。



疣具有傳染性，可以從身體一部分傳播到另一部分。病毒也可通過割損或傷口進入身體，或者與別人直接作皮膚接觸（如握手）而傳播。與患者共用物品（如毛巾）也可以感染疣。

HPV演變成疣之前，可能會在體內潛伏數個月。患者也許會注意到皮膚逐漸變厚，感覺粗糙和出現小硬塊。疣可以在身體不同部位出現和生長，常見部位包括面、頸、手或腳。醫生通常透過其貌似椰菜花的典型外觀和皮膚增厚這兩個表徵而診斷疣。

## 如何治療疣？

現有多種治療方法，主要取決於疣的大小、位置和患者的偏好。

### 外用藥物

如果感染的範圍有限，水楊酸或咪喹莫特軟膏等外用藥物，但這可能需要幾個月的時間才能起作用，並可能會刺激皮膚。

### 冷凍治療

冷凍治療使用液態氮把受感染細胞凍死，通常需要幾個療程，每次相隔2到4周。當液態氮施加到皮膚上，患者可能會感到疼痛。治療後也可能會形成水泡。

### 激光療法

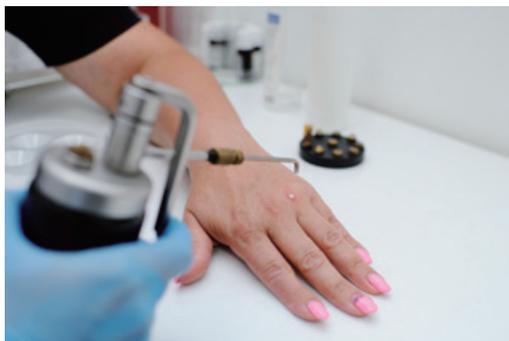
二氧化碳激光療法是透過加熱而使疣氣化，通常需要局部麻醉，通常一次治療便可。激光治療後，將會結痂，然後通常於1至2周後脫落，很少會留下疤痕，但可能出現激光後色素沉澱，特別是身體和四肢上的疣。

### 手術切除

手術切除對於面積大而頑固的疣可能是較好的治療方法，手術會在局部麻醉下直接從皮膚把疣切除。一般而言，手術後需要以電凝止血，之後會結痂。術後護理包括需要使用消毒劑和傷口敷料。

## 預防方法

- 保持良好的個人衛生習慣，懷疑接觸了別人的疣就要洗手
- 在浴室和游泳池等公共地方要穿著自己的鞋
- 避免抓弄疣
- 不要和別人共用毛巾、剃鬚刀等個人物品
- 勿觸摸其他人身上的疣，觸摸後要洗手
- 如果懷疑生疣，請儘早諮詢醫生



### 撰寫：

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