



Paradigm Podiatry

LEADING CHANGE IN FOOT CARE

Paradigm Podiatry Releases New Information On Preventing Plantar Warts

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Pembroke Pines, FL clinic Paradigm Podiatry, has released new information aimed to help people avoid plantar warts. In South Florida warts are very common due to the weather and the fact that people often wear the wrong kind of footwear. Paradigm Podiatry offers a range of treatment options for people who have developed warts, but they also want to offer help to prevent them from developing in the first place.

Dr. Stacy Holder from Paradigm Podiatry says: "While warts are not harmful as such, they are unsightly and very contagious. Preventing them is actually very easy. Most of the times when we see patients who come to have their warts addressed, it quickly becomes clear that they could have prevented them with the proper behavior."

People are advised to be aware of the contagion risk. As such, they should always wear slippers in public showers, locker rooms, and pool areas. Additionally, according to the clinic in Pembroke Pines plantar warts can be prevented by minimizing barefoot walking. This is believed to be one of the main reasons why people in South Florida develop the warts in the first place. Due to the temperature, people often choose not to wear shoes.

"Time and time again, I find myself having to explain to people that plantar warts really are incredibly contagious," adds Dr. Holder. "So often, a patient says they don't know where the warts came from, but then tell me that they shared sneakers or shoes with someone who has plantar warts as well. They must be aware of the risks to avoid reinfection."

A final tip given is that they must regularly get their shoes sterilized, particularly if they believe someone with plantar warts wore them. Paradigm Podiatry offers a shoe sterilization service in their clinic. For those who have developed plantar warts, the clinic offers laser treatment to have them removed. In addition to laser treatment for plantar warts, they also offer laser treatment for toenail fungus. Laser toenail fungus removal treatment is painless, effective, and provides a solution that does not involve medications with side effects.

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For more information about Paradigm Podiatry, contact the company here: Paradigm Podiatry Dr. Shewp 954-391-7674 drshewp@paradigmpodiatry.com 1791 NW 123rd Avenue Pembroke Pines, FL 33026

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Paradigm Podiatry is a holistic foot and ankle medical practice with state of the art equipment that treats people of all ages.

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