

# Podiatrist Announces New Warts (Planters) Removal Treatment

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Dr. Fabienne Rottenberg, DPM, PC, a podiatrist based in New York, NY, is happy to announce a new and effective treatment for plantar warts and other surface based skin lesions. This is the SWIFT® microwave therapy for warts and skin lesions. Plantar warts, which are usually found on the heels or other weight-bearing parts of the feet, are usually painful because of the pressure on the feet. Just like all warts, plantar warts are caused by the human papillomavirus (HPV) and below the skin, the warts can have finger-like roots, which make them challenging to treat effectively from the surface. Swift is an advanced technology that has been cleared by the FDA and has been found to be highly effective in getting rid of plantar warts. Those who are interested in learning more about the services offered by Dr. Fabienne Rottenberg can check our her Facebook page at <https://web.facebook.com/Dr-Fabienne-Rottenberg-DPM-Z-Fab-Foot-245427939471727/>.

The SWIFT® microwave therapy device delivers low dose microwave energy via a specialized probe that targets the HPV virus by stimulating the natural immune response of the body. Between three and four treatments must be provided, with a spacing of four weeks apart in order to align with the body's natural immune cycle. Each treatment, which is called a "sock off - sock on" treatment, will only last for 5 to 10 minutes. There will be no breaking of the skin nor bandages. And there will only be limited debridement.

The pain felt is similar to the pain of a small scratch or injection, lasting for only a few seconds before immediately receding. Some patients may feel some soreness after the treatment but not strong enough to prevent normal daily activities. The pain or discomfort is due to the infected tissue temperature rapidly increasing over a two second dose of energy. The pain or discomfort will immediately stop once the energy delivery is stopped.

Dr. Fabienne Rottenberg advises patients to come for a consultation if they feel or suspect they have a plantar wart if they want it removed. There are typical symptoms to look out for, such as: the feeling of "painful pebbles" in one's shoes; pain is felt when the sides of the wart are pressed; presence of circular flat spot on the skin with a depressed portion in the middle; warts appearing "yellowed" with a crust; presence of

small black dots; lesion on one's foot has changed color or is painful and bleeding; wart reoccurs and multiples after trying some treatments; discomfort that prevents the performance of regular activities; poor sensation on the feet; and not sure if the lesion is a wart.

Dr. Fabienne Rottenberg was born in Paris, France and transferred to the United States to study for her undergraduate degree. She then obtained her medical degree from the New York College of Podiatric Medicine, and completed her residency in Michigan and New Jersey and became a Lieutenant in the US Air Force reserve force. Dr. Rottenberg completed a foot and ankle fellowship at Shaarei Tzedek Hospital in Jerusalem and then worked full time at the Tel Hashomer Hospital. After returning to the United States, she founded and continues to serve as Director of Rottenberg Podiatry, which is found on Manhattan's Upper West Side. She also performs foot surgery at Mount Sinai Hospital New York. Dr. Rottenberg is certified by the American Board of Podiatric Surgery and she can communicate with her patients in French, English, or Hebrew. She is committed to providing her patients who have chronic foot pain with more than just temporary relief. By applying new and alternative methods of treatment, she can offer her patients with long-term relief. In addition to chronic foot pain, she also welcomes patients with bunions, ankle injuries, diabetic foot, nail problems, and arthritis.

Those who are interested in the podiatrist services provided by Dr. Fabienne Rottenberg, DPM, PC, can check out her website at <https://www.drfabiennerotenberg.com/>, or contact her on the phone or through email. Her office is open from 8:00 am to 5:00 pm on Mondays and Wednesdays; from 8:00 am to 6:00 pm on Tuesdays; from 10:00 am to 7:00 pm on Thursdays; and from 8:00 am to 1:00 pm on Fridays.

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### **Fabienne Rottenberg, DPM, PC**

*Dr. Rottenberg is dedicated to diagnosing, therapeutic, and surgical correction of foot and ankle disorders in a warm and friendly environment.*

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