

## Daily Care Tips

- Avoid picking on them, as skin breaks are exactly how they spread
- Keeping skin intact and clean, especially after touching them
- Avoid sharing personal items that may come in contact with warts or affected skin



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## When should I seek help?

You should seek medical advice if:

- Warts are painful or bothering you
- Over-the-counter products aren't helping
- Having warts is affecting your confidence or mood

## Warts, Clarified



# What causes warts?

## *How warts make their way onto skin*

- Spread of the Human Papilloma Virus (HPV)
- HPV enters through skin breaks
- This can come directly through contact or indirectly, when warts are carried by shared items

## Myths to know

Warts do not have “seeds” or “roots”

Not caused by touching frogs. it is human contact than spreads them



## What are warts?

### Warts are small skin growths

- They are often benign
- They can be contagious
- They are common

### How they can spread

- Skin to skin contact
- Contact with shared personal items
- Spaces such as public pools or showers can be hotspots of spread

### Common areas affected

- Hands
- Feet
- Fingers
- Knees

## The mental connection:

### *Having warts doesn't just affect your skin*

Warts are often a cause of social embarrassment, leading to issues with confidence or self-image and their effects can impact public or private relationships.

Ask us how warts can be weighing on the rest of your health

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.

Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.