

A Look at Genital Warts

The most common types of human papilloma virus (HPV) are the culprits behind the cause of genital warts. The good news is that this type of wart usually goes away on its own, requiring little or no treatment in the process. For this reason there is a split in medical opinion about the best course of action to take when confronted with a case of genital warts. Since most of them go away on their own, many doctors are of the opinion that nothing should be done. Furthermore, removing genital warts can be quite painful. Depending on their location on the body it is a difficult procedure and can cause scarring of the surrounding tissue if not handled expertly. Treating genital warts does not eliminate the HPV infection, which the infected person will carry for the rest of his life with a great risk of infecting others as well as the possibility of further outbreaks in other locations on his body. Condom use can lessen the risk of spreading the HPV to others, but there have been no studies to document their effectiveness. Another factor to consider when deciding on the best treatment for genital warts is that in 20% to 50% of people treated, the warts return. When they return, they are resistant to the original form of treatment and another approach is usually recommended to remove them. Another medical theory, untested, is that many doctors believe that treating the HPV infections will reduce the chances of spreading them to others and reduce their propensity to return. Many people are embarrassed by the appearance of genital warts and attempt home treatments. Because the warts tend to go away on their own, as long as they don't redden or throb with pain, there is a good chance that with your home remedy, they may disappear for good. Health professionals may prescribe medication to use at home such as podofilox lotion or imiquimod cream. Once you've gotten the medication from your local pharmacy, you can apply the medicine at home and not in your doctor's office. If all goes well, you may not have to see your doctor for this reason any more. Another thing you can do at home to treat genital warts is to take baths. Fill your tub with warm water and some Epsom salts and sit in it, covering the infected area, several times each day. Wash the infected area with warm water several times each day and keep your genital area dry with a hair dryer or a heat lamp.

About the Author

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