

Understanding Genital Warts

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Introduction

Welcome to this report on “Understanding Genital Warts”. It is not intended as a definitive or comprehensive document that will cover everything to do with genital warts and the various treatment options that are available. However it should help you to understand a little more about what genital warts actually are and also the various ways that you can approach possible treatment or removal. I genuinely hope that it helps you with any issues that you might have or at least puts you on the right path to get the answers you might be looking for.

So What Are Genital Warts?

I'd like to begin by taking a look at what genital warts actually are and what causes them.

Genital warts are one of the most common types of sexually transmitted infection. All over the world there are millions of people that suffer from them. Unfortunately, given where they are found on the body, genital warts don't get much coverage or publicity so most people are not aware of the condition. Not surprisingly, people tend to get a bit embarrassed about the problem and look to fix it as discreetly as possible.

Genital warts are a result of the human papilloma virus (HPV) which cannot be cured with antibiotics. This means that treatment tends to be directed towards removing the warts rather than removing the virus. The virus is actually quite contagious and infection is mostly caused from skin coming into direct contact with infected skin.

Generally speaking, the warts themselves should be relatively painless but they can still be annoying and distressing. Their location on the body, and their tendency to itch, can obviously make them very uncomfortable to deal with. They can also be stressful since there is clearly still a stigma that society places on sexually transmitted infections.

The warts can vary in size from less than a millimeter to as much as several square centimeters when the warts group together. You should keep in mind though that some people who have HPV never actually suffer from visible warts. They can still carry the virus though and are just as infectious as someone who is covered in warts.

There are several options for treating this condition and we'll cover some of these further in this report. However, it is always recommended that you seek advice from a medical professional if you want clarification or assistance with any issue relating to your condition.

Identifying The Symptoms

We'll now take a look at some of the symptoms of genital warts for both men and women. This will hopefully help with understanding how the condition can be treated.

Just note that I'll be mentioning parts of the body that often don't get mentioned, so if seeing these words makes you uncomfortable, just look away now ;)

For men, the warts can appear in most locations around the genitals. This includes the penis, the foreskin, the urethra, the scrotum, the anus, and even around the upper thighs. They could be soft,

raised surfaces (especially on the penis) or hard and rough with frond like projections (often around the anus). They can vary in color from a light pearly appearance to a more dark coloring.

For women, the warts can appear on the cervix, the vulva, the vagina, and around the anus. They will probably be similar in appearance to the male warts described above. However, if you discover external warts, you should think about having a proper internal examination or a smear test. This is because there is a small chance that these types of warts are benign skin tumors and are a precursor for other abnormal cells in the body that could lead to cervical cancer.

Generally vaginal warts occur without the sufferer experiencing any significant symptoms, but occasionally women may experience bleeding and discomfort during sexual intercourse (and even some vaginal discharge).

If left untreated, genital warts might continue to grow. This problem can be magnified even more if you happen to be pregnant. Large warts can cause more disruptions such as pain when urinating and even obstruction for delivering the baby. There have been cases when the baby has been infected with the virus during birth so it is always a good idea to sort out your genital wart problem before it gets out of hand. Even though genital warts can grow back after treating them, it is always best to arrest their growth as soon as you know you are infected.

Treatment Options

I now want to briefly cover some of the different types of treatment that are available for genital warts.

As we've mentioned previously, the virus that causes genital warts cannot be treated but there are various ways to deal with the warts themselves. Some of these involve seeing a doctor but there are also some that you can do yourself at home.

One of the common treatments is a topical medication that might be in the form of a gel or cream. Some of these can be very strong and might have to be applied by a medical professional. There are others such as podofilox and imiquimod that can safely be used at home. These are painless to use but require daily application over the course of several weeks. It is also important to note that these should not be used if you are pregnant as they are absorbed by the skin and may damage the baby.

Another option is to look at removal of the warts through medical processes such as:

Cryosurgery – this is the freezing of abnormal cells. A chemical such as nitrous oxide is applied to the wart and it destroys the diseased tissue. This is the most popular method as it is usually painless, has a high success rate, and is the least expensive option.

Electrocautery - is the opposite of cryosurgery. Instead of freezing the warts, this process burns them off with a low voltage electrical probe. Patients with only a few warts may receive a local anesthetic to deal with the accompanying pain while those with larger or more frequent warts may need a general anesthetic. There is a risk of some infection with electrocautery so antibiotics may be administered after the procedure and scarring can be evident. As well as this, it can take up to four weeks for the tissue to heal and during that time the affected area may be red, sore and swollen.

Trichloroacetic Acid (TCA) - this is applied to the wart once a week and works by destroying the proteins in the cells. It must be used very carefully as it will destroy any tissue it is in contact with. It takes about six to ten weeks but studies have shown it has about an 88% success rate. TCA is most effective on small moist areas of warts.

Laser Surgery - if the warts are very large and hard to remove then they may need to be surgically dealt with through laser surgery. This is the most expensive removal method and needs a trained specialist.

Some Home Remedies To Consider

I now want to briefly cover some of the main ways that you can look to treat or remove genital warts using home or natural remedies.

As we've mentioned earlier, there are several treatment options that require a medical professional. These include strong gels and creams plus the various surgical procedures that we covered in the last section. People are increasingly looking at natural or home remedies for various health conditions and this also applies to genital warts. In fact, home remedies have proved very successful for a lot of people over the years.

Apple cider vinegar is probably the most popular as it is simple and has proven very successful over a long period of time. All you need to do is soak some cotton wool in the apple cider vinegar and then tape it in place over your warts. Leave this in place overnight and then remove it in the morning. Don't leave it any longer or it might burn your skin.

Other popular choices include tea tree oil, vitamin E and garlic. Several applications of these over the course of a few weeks should destroy the warts and you will see them eventually drop off.

There are various other home remedies that have been tried and reported over the years including:

- hydrogen peroxide
- aspirin and vinegar (formed into a paste)
- tying off or restriction of the warts
- oregano and chlorine

These remedies mentioned above are natural and if, used properly, should not give you any unwanted side effects. Just note that removal of the warts does not guarantee that they won't come back again as the underlying virus might still be active. You should also make sure that you seek medical advice if you are unsure about your condition or how to treat it.

In the next section we'll go into more detail about how to take a holistic and homeopathic approach to your genital warts issues.

The Homeopathic and Holistic Approach

There are two important concepts that are becoming increasingly linked to the treatment of genital warts. The concepts are known as "homeopathic" and "holistic" treatment. Here's a quick rundown as to what both the terms mean and how they can relate to treating your genital warts issues:

Homeopathic

This type of treatment is based on a proven concept that the substance that causes a specific symptom can actually help to trigger a response from the body to defeat it. This effectively means that the body tries to heal itself. This is the same theory behind vaccinations which introduce a small amount of toxin into your body and this leads to your immune system acting to defeat it.

This can apply to the treatment of genital warts as there are now homeopathic relief options that are being used as a way of addressing the symptoms and the underlying cause. These homeopathic treatments are generally easy to use and completely natural. They are also a much cheaper option than the various removal treatments that people use that to remove the visible warts.

Holistic

Holistic medicine is something that is becoming increasingly popular all over the world. The term applies to an approach which looks at treating the patient as a whole. This means that rather than just looking at a particular condition, consideration is also given to the individual's overall mental, physical, emotional, and spiritual well-being. Someone taking a holistic approach is therefore attempting to treat the symptoms of a condition while also looking for the underlying cause.

The practice of holistic medicine also tries to prevent disease or illness by highlighting the need to optimize overall health. It considers that your natural state is healthy so any problem is a reflection of an imbalance in the body. Therapies therefore will focus on good nutrition and avoidance of any chemicals or other substances that can pollute the body. This approach is now being adopted for a whole range of different health problems including genital warts. It is important to keep in mind as it looks to address the bigger picture (the actual virus that causes the warts) and doesn't just focus on the obvious symptoms.

Resources You Can Try

I'd like to now address the different ways that you can find more information about genital warts issues.

It is important to realize that more detailed information is available from a variety of sources. Most of this information is also free or relatively inexpensive. It's just a matter of making a little effort to investigate. Here are some sources you can consider:

Your Doctor

If you are ever worried about whether you have HPV or genital warts, then you should consult with a doctor. At the very least, you will get confirmation about your condition and advice about how to deal with it. While a doctor will generally be able to properly diagnose and explain the condition, be prepared that they may not always help with providing a longer term solution to the problem.

The Internet

There is a lot of free information available on the world wide web and it is generally pretty reliable. Just use a search engine to find anything related to "genital warts" or "genital warts remedies" - you will see that there are plenty of websites that have information and ideas. You might also want to try searching some of the main medical sites (such as WebMD - <http://www.webmd.com/>) or you could look for medical sites that specialize in sexually transmitted infections or related conditions.

Genital Warts Secrets

My website (<http://www.genitalwartssecrets.com>) is another possible source of free information that you can try. There are numerous articles currently on the site with most focusing on treatments and remedies. More articles are being added all the time. Just note too that I am classified as an "expert" author on EzineArticles.com which is the world's largest article directory. They have also granted me with "platinum" author status which is only granted to a small percentage of their writers. A link to all my articles, and the relevant RSS feed, is available on my website. Alternatively, you can also search for my author name on EzineArticles.

Books

A quick search will reveal several different books (both hard-copy and electronic) relating to genital warts. Try to look for books that focus on natural and long term treatments or ones that provide practical dietary advice.

Some Products To Consider

I hope you have been able to learn a little more about genital warts and the various ways to treat them. I've covered a few different topics including a quick look at some of the main treatment options. I told you about creams, gels, home remedies, and even surgical procedures. It was not intended to be a comprehensive look, or a detailed medical guide, but I hope it has at least given you a better understanding of your condition and future options.

Some of the treatments and removal options are relatively expensive so I just wanted to let you know about a few other products that you might want to consider. They may not suit everyone's particular circumstances, but at least it's worth knowing that these other products exist.

In addition to some creams and gels that we've mentioned before, there are also some other over-the-counter products available including some with Salicylic Acid. This is included in products like Dr. Scholl's Wart Remover and Wart-Off. These have worked for some people although they may not be recommended by health professionals.

There are also some prescribed topical creams that have proven to be very effective and these include Condyllox and Aldara (Imiquimod).

Natural and homeopathic treatments continue to grow in popularity and these include:

1. **Wartrol** – this is a product that we highly recommend. It is a homeopathic approach that combines several natural ingredients. Order through this [link](#) to get the benefit of a special offer.
2. **Warts No More** - a natural oil
3. **Heal Warts** – contains natural ingredients

Conclusion

I hope this report gave you some helpful information about genital warts and a few of the ways that you can treat them. I genuinely wish you all the best with your genital warts issues. I hope you are a step closer to removing them from your life.

Wishing you a happy and healthy future,

Megan Jackson

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