

MIRACLE Academy

قال تعالى (يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ دَرَجَاتٍ)

تفريغ OTC
زميلتكم سارة جرادات



لجان الدفعات

التآليل مسمار اللحم

Warts, corns and calluses

→ The main case: infection (viral infection) → HPV

→ Cauliflower growth → genital
• around the nails
• on the hand

Non-Prescription Drugs and Parapharmaceuticals

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Warts and verrucae

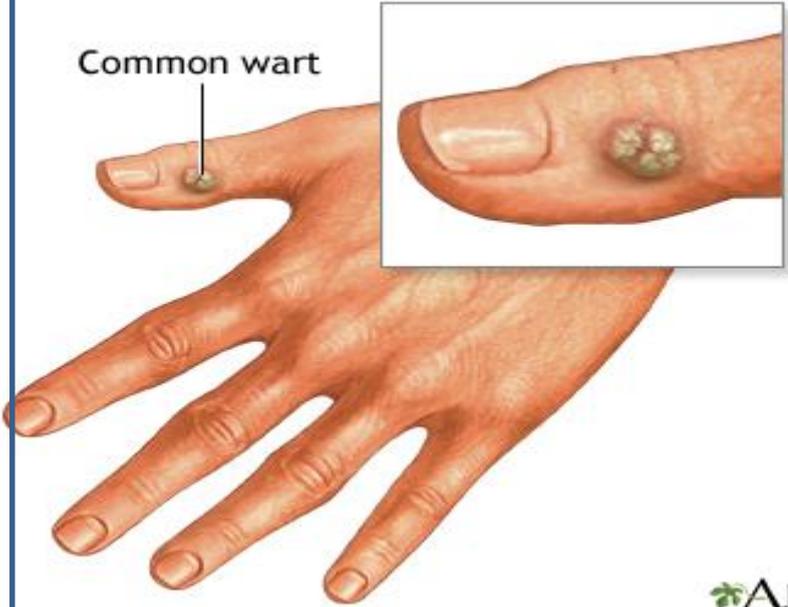
من الأمراض المعدية

- **Warts** are small, rough growths that are caused by infection of skin cells with certain strains of the human papillomavirus (HPV).
- Appear anywhere on the skin but are most commonly seen on the hands and feet.
- **Verruca** (also known as a plantar wart) is a wart on the sole of the foot.
- Up to 30% of warts disappear by themselves within 6 months. Most will disappear without any treatment within 3 years.

في قاع القدم

* ٣٠٪ من الحالات تختفي بعد ٦ أشهر
بعض الآخر يروح بعد ٣ سنوات، ولكن به الحالات حاجة للعلاج (ممكن يكتف مكانها مزيج للمريضة).

Common wart



Plantar wart



ADAM.

ADAM.



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What you need to know

1. Age

occur in children and adults , more common in children, and the peak incidence is found between the ages of 12 and 16 years.

2. Appearance ** مرتفعة و سطحها خشنة مثل الزهرة الصغيرة .*

- appear as raised fleshy lesions on the skin with a roughened *زيب القرنيط* surface; the most common type is said to resemble a (cauliflower.)
- The appearance can vary, mostly related to where they occur on the body. *شكلها مختلف حسب مكان ظهورها في الجسم .*

Appearance of warts



Warts

يتلوث أكثر عرضه للإصابة بالفيروس إذا كان فيه جرح بالجمل

- You are more likely to get one of these viruses if **you cut or damage your skin in some way.**
- Wart viruses are ***contagious**. Warts can spread by contact with the wart or something that touched the wart.
- Warts **can grow on any part of your body.**

3. Location

* راحة أو ظهر اليد
* حول الأظفار

- The palms or backs of the hands are **common sites** for warts, as is the area around the fingernails.
- **Verrucae** on the sole of the foot may be present singly or as several lesions.

4. Types

- **Common warts (verrucae vulgaris)**: These **common warts** typically develop on the hand, and fingers

4. Types:

- 2 • **Plantar warts (*verrucae plantaris*)**: قاع القدم
Occur on the **plantar surface**, or **bottom of the foot**.

- 3 • **Periungual warts** حول وأسفل الظفر
Occurs **around and underneath the nail beds**.

على لوحه، ظهر اليدين، أسفل الساقين

- 4 • **Flat warts** are most commonly seen on the **face**, the **back of the hands**, and **lower legs**.

- 5 • **Anogenital warts** ^{Genital} are caused by a **different type of HPV** and **require medical referral** for examination, diagnosis and treatment.

Types of Warts



flat wart



plantar wart



common wart



oral wart



genital wart



periungual wart

﴿تختفي منه تلقاء نفسها خلال ٦ أشهر إلى سنتين﴾

5. Duration and history

- It is known that most warts will **disappear spontaneously** within a period of **6 months to 2 years**.

عند المريض التأخر سناً أسرع بالتفاء و تطور المناعة عند الفيروس أسرع .

- The younger the patient, the more quickly the lesions are likely to remit as immunity to the virus develops more rapidly.

- **Any unusual change** in the **appearance** of a wart should be treated with suspicion and **referral to the doctor is advised**

← أي تغيير في شكلها مباشرة medical referral



Table 8.23
Specific questions to ask the patient: Human papilloma virus

Question	Relevance
Age of patient	Warts are <u>unusual in very young children</u> , such as infants. <u>Young children and adolescents</u> are most likely to get warts but this is also the age group in which molluscum contagiosum is most prevalent. The likelihood that nodular lesions are caused by seborrhoeic warts or carcinoma increases with increasing age.
Location	Warts are common on the <u>hands and knees</u> ; verrucas are usually on the <u>weight-bearing parts of the sole</u> . Warts can occur on the <u>face</u> but so too can plane warts and carcinoma. <u>Referral is always needed because all OTC treatments can cause scarring.</u>
Associated symptoms	<u>Itching and bleeding</u> is <u>not associated with warts</u> and verrucas and <u>must be viewed with suspicion</u> , especially in <u>older patients</u> .
	<u>Pain on walking</u> is often <u>associated with verrucas</u> .
Colour, appearance	Typically, warts have a <u>cauliflower appearance</u> and are <u>raised</u> and <u>pale</u> . Warts with a <u>reddish</u> hue or that <u>change colour</u> should be referred. Lesions that are <u>raised</u> , <u>smooth</u> and have a <u>central dimple</u> suggest (<u>molluscum contagiosum</u>).

مشابه من زوايا ال wart

verruca (plantar) ← الالم عند المشي ←

لأنه ال علاج غالباً بترك ندب
العلاج غالباً Salicylic acid

شكلها مثل القرنبيط مرفعة وشاحبة
* لونها أحمر
← أي تغير باللون refer
← مرفعة ، مساء ، انبعاث صغين في المركز

Prevention

- If you know of anyone who has warts:
 1. Avoid skin contact with this person.
 2. Avoid using his towel and ensure that you clean your skin well regularly in order to avoid transfer of the infection.
 3. Don't brush, clip, comb or shave areas that have warts, in order to avoid spreading the virus.

Prevention

• لأنه السيطرة على الفيروس من البيئة، إلى غاية صعب

- 1 • Keep your hands as dry as possible, because warts are more difficult to control in a moist environment.
- 2 • Wash your hands carefully after touching your warts.
- 3 • Use footwear in public showers or locker rooms

استخدم الأحذية في
المحمامات العامة وغرف
تغيير الملابس

When to refer

- 1 • Changed appearance of lesions: size and colour
 - 2 • Bleeding
 - 3 • Itching
 - 4 • Genital warts
 - 5 • Facial warts
 - 6 • Immunocompromised patients
 - 7 • Pregnancy and breastfeeding
- **Treatment timescale**
 - Treatment with OTC preparations should produce a successful outcome within 3 months; if not, referral may be necessary.

Treatment aim

1

- to reduce the size of the lesion by gradual destruction of the skin.

* لازم يتقدم المقصر لعدة أسابيع أو أشهر ولازم نشرح للمريض أهمية الاستمرار حتى يحصل على أكبر فائدة

- 2
- Continuous application of the selected preparation for several weeks or months is needed, and it is important to explain this to the patient for any benefit to be achieved.

العلاج بال Salicylic acid لازم ما يمسى ال normal Skin

* حماية الجلد السليم المحيط ← لأنه بسبب burning

- 3
- Surrounding healthy skin may need to be protected during treatment

1

Treatment- Salicylic acid

- Acts by **softening** and **destroying the lesion** by **chemically burning**.
- Preparations are **available in a variety of strengths**, sometimes in **collodion-type bases** or **paints** that help to **retain the (salicylic acid) in contact with the wart**.

موجود بترانيز مختلفه

حتا تحافظه على ملامسه بسا لـ warts



Treatment- Salicylic acid

- Salicylic acid concentrations of 17% or less are generally used for ^{*}common warts, and higher concentrations (i.e., 40%) are used for plantar warts.

← خلال أسبوعين من العلاج يلبس بقميص

- In most instances, warts will begin to improve within a couple of weeks of treatment with salicylic acid.

Treatment- Salicylic acid

* يستخدم مرة واحدة يومياً في الليل
لأنه المنظف - يتكون rough يساعد في
العلاج فقع اليه أو التدمر المصابة في الماء الدافئ
5-10 min حتى يجلي الجلد رطب ديزيه من تأثيرات Salicylic

- Treatments containing *salicylic acid* should be applied **once a day, usually at night**. The treatment is helped by **prior soaking of the affected hand or foot in warm water for 5–10 min to soften and hydrate the skin, increasing the action of the salicylic acid.**

- **Adverse effect:** **حكيماً بعد حروق في الجلد غير المصاب, لازم نحمي الجلد
السير بقدام فازلين**
salicylic acid preparations is in causing chemical burns
and **irritation of the unaffected skin**. Protection of the surrounding **skin** can be achieved by **applying a layer of (petroleum jelly) to prevent the treatment from making contact with healthy skin**
الفازلين

②

Cryotherapy

موجوء بعياوات الجلدية

- By freezing the warts → the warts should fall off after 10 days after application
- Using a mixture of dimethyl ether and propane for the self-treatment of common and plantar warts.
- Available in an application system for home use. OTC



Cryotherapy

* تختص به جلسه واحدة . يمكن تكرار العلاج الذاتي كل ٢-٣ أسابيع .

- In most instances, warts will resolve after one treatment with cryotherapy. Self-treatment may be repeated every 2-3 weeks.
- The treatment should not be used by people with diabetes or by pregnant women. It should not be used on warts that are adjacent to finger nails (periungual).

<p>Illness</p>	<p>Warts and verrucae</p>
<p>Advice to patients</p>	<p>Most people will have warts at some point in their life.</p> <p>They are generally harmless and tend to go away on their own eventually.</p> <p>Several treatments can be purchased from a pharmacy to get rid of warts and verrucae more quickly if patients require treatment.</p>
<p>Exceptions</p>	<p>No routine exceptions have been identified. See earlier for general exceptions.</p>
<p>Examples of medicines available to purchase OTC</p> <p>لا تساهم، المقاربة X</p>	<ul style="list-style-type: none"> • Verruca gel - Salicylic acid, lactic acid, for example Bazuka® Extra Strength Gel, Bazuka® Gel (Pharmacy only P) and Bazuka® Treatment Gel (General Sales List GSL) • Wart paint/ointment - Salicylic acid, lactic acid, for example Salactol® , Occlusal®, Salatac®, Verrugon® ointment (Pharmacy only P) • Wart freeze treatments, for example Scholl® Freeze and Bazuka® Sub Zero (General Sales List GSL)
<p>OTC restrictions⁵</p> <p>التدابير الوقائية</p>	<ul style="list-style-type: none"> • Diabetic patients • Face, neck, ano-genital area • Moles, birthmarks, hairy warts or skin lesions • Broken skin • Impaired peripheral blood circulation • Scholl® Freeze and Bazuka® Sub zero - As above also including children under 4 years

Corns and calluses

Corns

- Calluses and corns are areas of ¹thick, ²hardened, ³dead skin (hyperkeratosis at the area with excessive pressure).
- They may appear ⁴grayish or yellowish, be less sensitive to the touch than surrounding skin, and ⁵feel bumpy.
- become a problem when they grow large enough to cause pain.
- It is ^{*}not a serious condition.

* يتكون مشكلة لما تكبر وتتسبب ألم
هن يتجن عام مشه حالة خطيرة.

* بقعة بيضاء أكثر عند الضغط بسبب
الاحتكاك في العالقة، أو حتى الاحتكاك العادية
بالي تزيده احتكاك القدم بالأرض.

CORNS

CALLUSES

- * white to yellow color
- * very hard, thick
- * excessive skin



What causes them?

- Calluses and corns are caused over a period of time by repeated pressure or friction on an area of skin. The pressure causes the skin to die and form a hard, protective surface.

* هاد ال pressure بسبب die skin
بتجع هاد ال skin وبتون hard surface

What causes them?

عزومة

- Calluses and corns are not caused by a virus and are not contagious.
- women are more susceptible because women often wear shoes that create friction on the feet, such as high-heeled or thin-soled shoes.

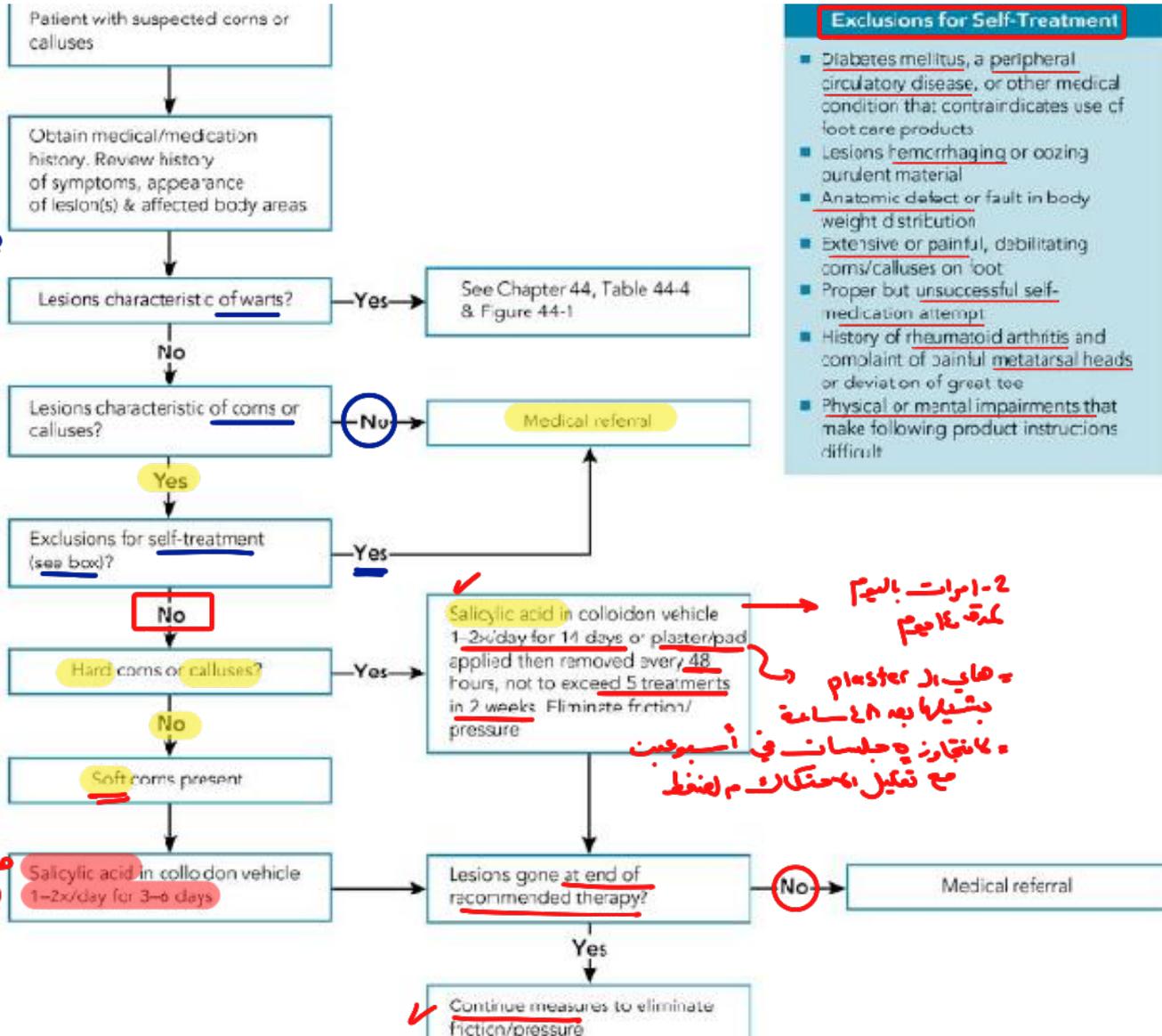
②

①

The goal of self-treatment:

- To provide symptomatic relief.
- Remove corns and calluses.
- Prevent their recurrence by correcting the underlying cause

Self care of corns and calluses



- Exclusions for Self-Treatment**
- Diabetes mellitus, a peripheral circulatory disease, or other medical condition that contraindicates use of foot care products
 - Lesions hemorrhaging or oozing purulent material
 - Anatomic defect or fault in body weight distribution
 - Extensive or painful, debilitating corns/calluses on foot
 - Proper but unsuccessful self-medication attempt
 - History of rheumatoid arthritis and complaint of painful metatarsal heads or deviation of great toe
 - Physical or mental impairments that make following product instructions difficult

بناخذ صلحي من corns or warts?

2-3 مرات باليوم لمدة 14 يوم
 صليب بلاستر بشيلا به 48 ساعة
 لانقاربه جيلسات في اسبوعين مع تقليل الاحتكاك من المنطقة

صوت لانها soft يستخدم لمدة اقل من اسبوعين باليوم 3-6 ايام

Product Recommendation

- First line treatment (no pharmacological):
① قَشِيرَةُ البَشْرَةِ ② epidermabrasion or hydrocolloid plasters.
- Second line treatment (pharmacological) : * plasters and liquids applications containing salicylic acid.

1. * Epidermabrasion

- A physical process that involves removal of the horny skin by the use of a mechanical aid and does not involve the use of pharmacological agents.
- Several gently abrasive materials and appliances are available such as emery boards and pumice stones.

Epidermabrasion



Emery boards



Pumice stones

مع ارتداء جوارب مناسبة أثناء الجوارب العريضة
بتكامل وبتسبب ضغطاً

- Wear socks that fit. Loose socks can bunch up and cause pressure.
- Use protective padding

استخدم بطانة واقية



١ - اهتمي بأقدامك

- Take care of the feet by Washing them regularly, and ^{٢.} using lotion to keep them from drying out. Dry skin makes it easier for a callus to crack and bleed.

* جوع، رذخ الحيفن بالتاروي على مقدمة القدم

- Usage of (metatarsal bar) inserts for your shoes, to distribute your weight more evenly over the ball of your foot.



2* Hydrocolloid and hydrogel plasters

تشبهه الجل

- They forms a soft, protective gel-like cushion that rehydrates and softens the hardened tissue

• ينشأ ويتلين الأنسجة الصلبة.



Keratolytic agents_salicylic acid

بشکل بطریقین ← جلال من البصاف الحلايا الكيراتينية
لـ بزیه من لرتباط الحماه غیرهلب الكیراتین

• It acts in 2 ways:

1. Decreases keratinocyte adhesion.
2. Increases water binding which lead to hydration of keratin

Thereby, soaking in warm water for 5 min before applying salicylic acid is recommended

لـ یصح بالنع بالحماه الحافه ۵ دقائق

Keratolytic agents_salicylic acid



- The concentration of salicylic acid in products used for this purpose ranges from about 11% to 40% depending on the type of formulation such as:
- Plasters contain high concentrations of salicylic acid (usually 40%) in a semi-solid base.
- The plaster should be removed within 48 hours.
- Occasionally local irritation or dermatitis (skin rash) may occurs ..
- If happens remove the plaster and clean and dry the area ...
- * don't repeat the treatment

* اللصقات تركيز ال S.A فيها 40% يتم إزالتها بعد 48 ساعة
* يمكن سب تهيج - إذا حدث يجب إزالتها وتنظيف الجلد وتجنبه

لا تكرر العلاج

Keratolytic agents_salicylic acid

- The approved concentration in ^{alcohol base} collodion-like vehicle is 12%-17%.
- maintaining the medication at the site of application and prevent maceration of the skin.
- Disadvantages of collodions : they are extremely flammable and volatile

ممنوع نقع الجلد

لازم به ما يستخدمها في
الغطاء يمنع
هيا light sensitive
موجود في Amber Container



TABLE 44-2 Guidelines for Treating Warts with Salicylic Acid Product

- Wash and dry affected area before applying the salicylic acid product.

مرتين مرة الصبح ومرة المساء

Salicylic Acid 5%–17% in Collodion Vehicle

- Apply product to wart **no more than twice daily**. **Morning and evening** are usually the most convenient times.
- Apply **solution 1 drop** at a time until **affected area is covered**. **Do not overuse the product**.
- If the medication **touches healthy skin, wash it off immediately with soap and water**.
- **Allow the solution to harden so that it does not run**. Repeat this procedure as **needed for up to 12 weeks**. *maximum*
- **After use, cap the container tightly to prevent evaporation**, which would cause the active ingredient to become more concentrated.
- **Store product in an amber or light-resistant container away from direct sunlight or heat.**

Salicylic Acid 12%–40% Plaster/Pads

- If using plaster, trim it to follow the contours of the wart. **Apply plaster to the skin, and cover it with adhesive occlusive tape.**
- If using **discs with pads**, apply appropriately **sized disc directly** on the affected area, and cover disc with the pad.
- Apply and remove plasters and pads **every 48 hours as needed for up to 12 weeks.**

TABLE 44-4 Differentiation of Corns, Calluses, and Warts

Criterion	Corns أصابع القدم	Calluses قلع القدم	Warts
Location	Usually over bony prominences of fourth and fifth toes, with hard corns occurring on tops of toes and soft corns in toe webs	Usually over weight-bearing areas of foot	Anywhere virus can gain entry into skin
Signs	Raised, sharply demarcated, hyperkeratotic lesion with central core; hard corns are shiny and soft corns are white	Raised, yellowish lesions with irregular margins and diffuse thickening of skin; may be broad based or have central core; no disruption of normal skin ridges	Slightly scaly, rough papules or nodules, cauliflower-like in appearance; may occur alone or in groups; plantar warts disrupt normal skin ridges
Symptoms	Pain	Pain	Pain if warts appear on weight-bearing areas of foot
Quantity/severity	Can vary from few millimeters to 1 cm	Can vary from few millimeters to several centimeters	Can vary from few millimeters to 3 cm
Timing	Variable onset; lesions may progressively enlarge	Variable onset; lesions may progressively enlarge	1- to 24-month incubation period after inoculation, with average period of 3–4 months
Cause	Friction from tight-fitting hosiery/shoes	Friction from tight-fitting hosiery/shoes; walking barefoot; structural biomechanical problems	Human papilloma viruses
Modifying factors	Well-fitted hosiery/footwear relieve signs and symptoms	Well-fitted hosiery/footwear relieve signs and symptoms	Cryotherapy or salicylic acid; proper hygiene

هناك تكبيرات