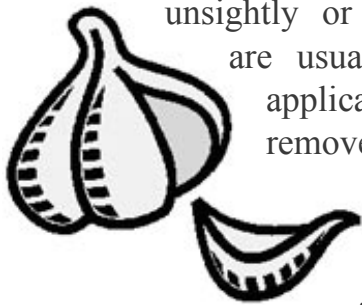


The Zinc, Garlic or Duct Tape for Warts Cure

Warts are skin growths caused by a viral infection in the top layer of the skin. The human papillomavirus causes most warts. Most people seek treatment for warts, often finding them unsightly or embarrassing. Warts



are usually treated by topical application of salicylic acid or removed by laser or freezing (cryotherapy).

In a recent study, 58.5% of patients undergoing treatment for warts said that treatment had been unsuccessful; 53.7% experienced pain during their treatment; 34.1% said that treatment had been inconvenient; 22% required multiple treatments; and 19.5% said the treatment resulted in the development of scars. [Australas J Dermatol 44:169-73, 2003] There clearly is a need to resolve warts in a more convenient and less disturbing way.

Some warts spontaneously disappear without any intervention. Oral zinc supplements have been used to treat warts. Zinc works by boosting the immune system. Zinc supplements have been shown to be effective in resolving warts but as much as 600 milligrams of zinc (10 milligrams zinc for every 2.2 lbs. body weight) may be required. In a recent study, high-dose zinc resolved warts in nearly nine of ten patients after two months of treatment. [British J Dermatology 146: 1082-83]

Recently Nanette B. Silverberg MD of New York City reported on the use of garlic to remedy warts in young children. A clove of garlic was cut in half and rubbed on the wart and then the wart was covered with a Band Aid. After daily application of garlic to warts on the hands for about two to four weeks, the warts disappeared. [Pediatric Dermatology 19:183, 2002]

Another novel discovery is that duct tape, applied to childhood warts, is as effective as cryotherapy (freezing). Patients were instructed to wear the tape over their warts for six days and then to remove it and soak the area in water and remove dead skin. Twelve hours later they were instructed to resume tape application, replacing as necessary for a two month period. More patients experienced disappearance of their warts with the duct tape treatment (85%) than with cryotherapy in the doctor's office (60%). [Archives Pediatric Adolescent Medicine, 156: 971-74, 2002]

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