

# WHAT ARE CORNS OR CALLUSES?

## Definition

A callus or corn is a build up of skin that forms at points of pressure or over bony prominences. Calluses form on the bottom side of the foot. Corns form on the top of the foot and between the toes.

## Statistics

- 65 out of 1000 people are afflicted with calluses or corns.
- 37 out of 1000 males are afflicted.
- 91 out of 1000 females are afflicted.

## Causes

- Repeated friction and pressure from skin rubbing against bony areas or against an irregularity in a shoe.
- Heredity disorders.

## What Can You Do?

- Wear supportive shoes with a wide toe box and a low heel.
- Use over the counter creams, avoiding any acid preparations.
- Use pumice stone or file to treat if not a diabetic.

## What Might A Podiatrist Do?

- Perform a physical examination.
- Perform x-ray evaluation if needed.
- Perform trimming or padding of the lesions.
- Perform surgery as indicated.