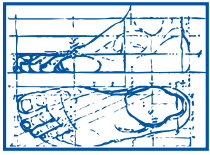


# foot facts



**ALEXANDRIA  
PODIATRY  
ASSOCIATES**

Dr. Jeffrey S. Coster  
Dr. Jeffrey L. Graziano  
Dr. Joonhyun Yoon  
Dr. Monique Rolle  
703-379-0700 (office)

## THE COMMON CORN

In 1774, Dr. Low, London, England wrote about corns and described what he thought were roots. Today, we know that corns do not have ROOTS and do not GROW. Corns are merely symptoms which indicate that an area is being irritated.

### What is a Corn?

A corn is a collection of hard, dry, dead cells piled one upon the other. Some take the shape of a small cone or inverted pyramid with the point pressing into the sensitive underlying tissue.



### How Do Corns Form?

Corns build up gradually over a period of time where there is excessive pressure and friction. The skin becomes irritated and gradually thickens as nature attempts to protect the area. This cycle of pressure, friction and ultimate thickening of the skin can progress to agonizing proportions. Indirectly, the cause (pressure and friction) can be due to improper footwear, foot imbalance, hammer or distorted toes, bony growths, spurs, etc.

### Why Corns Cause Pain

The irritation from a corn may vary from a minor discomfort to an excruciating pain. This is due to pressure on the sensitive nerves directly beneath the hard mass. Since corns have no nerve supply they are not in themselves painful.

### Why Corns Do Not Have Roots

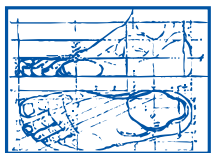
In nature, roots have a twofold purpose, anchoring and nourishing. Since corns are composed of layers of dead cells they obviously possess neither roots nor nerves.

### Types of Corns

The most common is the hard corn usually found on the top or tip of the toes. Others are the soft corns between the toes, where perspiration macerates the area, and seed corns found on the sole of the foot. These, and others not so common, can be further complicated by extreme inflammation, infection, bursal formation beneath the mass, or a sinus sometimes penetrating to the bone itself.

### What Not to Do About Corns

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Stop cutting your own corns (or those of a friend). Daily, the podiatrist sees the disabling results of “bathroom surgery,” with resulting infection that sometimes endangers the life of the victim. Do not be misled into applying so called “corn cures.” Many of these ointments, liquids and pads contain powerful acids which can burn the skin chemically. Extreme pain and infection often result.

### **What to Do about Corns**

Visit a foot doctor. With modern scientific treatment he may be able to furnish immediate relief. By careful diagnosis he will discover the cause of trouble. Your podiatrist is best qualified to suggest measures to correct this condition. Treatment can range from simple reduction of the dead skin mass to surgery for removal of a bony overgrowth or straightening a toe.