

# Corns

## What is a corn?

- A corn is a thick, hard layer of skin. It has a hard centre surrounded by swollen skin.
- Corns often form on the feet and toes, or on the hands and fingers.
  - › Hard corns often form on the top of the toes or the outer edge of the small toe.
  - › Soft corns often form between the toes.
- Corns often have no symptoms. They may hurt if you press on them while you are walking or running.



## What causes a corn?

- A corn can happen when your skin is trying to protect itself from friction (rubbing) or pressure. It can be caused by:
  - › walking barefoot.
  - › wearing loose shoes that slide and rub against your feet.
  - › wearing shoes or sandals without socks.
  - › your foot rubbing against a seam or a stitch inside your shoe.
  - › wearing shoes or socks that do not fit well.
  - › heredity (passed from parents to their children). This can cause corns on areas that do not bear your weight (like the palms of your hands).
  - › wearing tight shoes or high heels that squeeze your feet.

## You may be at a higher risk for a corn if you have:

- › certain conditions (like diabetes, or any condition that causes poor blood flow to your feet).
- › foot problems (like a bunion or a hammer toe).

## How are corns treated?

- Corns usually go away when you remove the cause of the friction or pressure.
- You will only need treatment if a corn hurts, or you do not like how it looks.