

Mayo Clinic Medical Edge

Corns

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THEY CAN BE UNCOMFORTABLE AND UNSIGHTLY. CORNS ARE THE RESULT OF CHRONIC IRRITATION AND FRICTION, ESPECIALLY ON THE TOPS OF THE TOES.
Steven Kavros, M.D. Track 5 (2:00)	"BETWEEN THE SHOE AND THE BONE THERE'S ONLY A LITTLE SOFT TISSUE. WITH CHRONIC IRRITATION THE SKIN TRIES TO PROTECT ITSELF AND IT GETS THICKER AND IT DEVELOPS THIS HARD LITTLE CORN."
	DR. STEVEN KAVROS IS A FOOT SPECIALIST AT MAYO CLINIC. HE SAYS GENERALLY THE PROBLEM IS OUR CHOICE OF SHOES.

<p>Dr. Kavros Track 5 (1:30)</p>	<p>“TYPICALLY PEOPLE WHO MIGHT WEAR TIGHT FITTING SHOES, HIGH HEEL SHOES.”</p>
	<p>MOST CORNS DON'T REQUIRE MEDICAL TREATMENT. OFTEN ALL IT TAKES TO GET RID OF A CORN IS A SWITCH TO A LOOSER FITTING SHOE. THERE ARE ALSO MANY PADS AND BANDAGES THAT CAN CUSHION THE AREA UNTIL THE CORN DISAPPEARS. HOWEVER, IF YOU HAVE DIABETES OR OTHER CONDITIONS THAT AFFECT YOUR CIRCULATION, SEE YOUR DOCTOR BEFORE ATTEMPTING ANY TREATMENT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>