

Dermatologists Share Tips for Treating Corns and Calluses

Ever wonder what causes corns and calluses? According to dermatologists from the American Academy of Dermatology, these hard, thickened areas of skin form as a result of friction or pressure on the skin. In fact, they say, corns and calluses develop naturally to help protect the skin underneath them.

"Calluses can develop anywhere on the body where there is repeated friction, such as a guitar player's fingertips or a mechanic's palms," says board-certified dermatologist Nada Elbuluk, MD, FAAD, assistant professor of dermatology, NYU Langone Medical Center. "Corns typically develop on the tops and sides of the toes and on the balls of the feet, and common causes are

are typically more painful when pressure is applied to the sides of the warts, and corns and calluses are more painful under direct pressure.

To treat corns and calluses, Elbuluk recommends the following tips:

1. Soak the corn or callus in warm water. Do this for about five to 10 minutes or until the skin softens.
2. File the corn or callus with a pumice stone. First dip the pumice stone in warm water, and then use the stone to gently file the corn or callus. Use circular or sideways motions to remove dead skin.



Corns can form on the balls of the feet.

arthritis or poorly-fitting shoes."

Sometimes corns and calluses on the feet are mistaken for plantar warts, Elbuluk says, as they can look similar to the untrained eye. However, she says, if you look closely, you'll notice that plantar warts have tiny black dots within them. These dots are actually small blood vessels. In addition, plantar warts

3. Be careful not to take off too much skin: Doing so could cause bleeding and infection.

4. Apply moisturizing lotion or cream to the area daily: Look for a moisturizing lotion or cream with salicylic acid, ammonium lactate, or

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"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

- W. A. Ward

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urea. These ingredients will help gradually soften hard corns and calluses.

5. Use padding: To protect calluses from further irritation during activity, cut a piece of moleskin - available at your local drugstore - into two half-moon shapes and place around the callus. To prevent a corn from making contact with your shoe, surround the corn with donut-shaped adhesive pads - also available at drugstores.

6. Wear shoes that properly fit: A common cause of corns is a shoe that isn't the right size and shape for your foot. To get the right fit, shop for shoes at the end of the day, when your feet may be slightly swollen. In addition, ask a clerk to measure your foot, and choose shoes that aren't too loose or tight.

7. Keep your toenails trimmed: Toenails that are too long can force the toes to push up against your shoe, causing a corn to form over time. To remove this pressure, keep your toenails trimmed.

"Most corns and calluses gradually go away when the friction or pressure causing them stops," says Elbuluk. "If you aren't sure what is causing your corn or callus, if the hardened skin is very painful, if you have diabetes, or if you think you have warts, see a board-certified dermatologist, podiatrist, or orthopedist."



Use a pumice stone to remove dead skin.

Stay Hydrated

Jennie Hastings Stancu

Has your therapist told you about the importance of drinking water? After all, our bodies are composed of approximately 60 percent water, and all of our bodily functions are sustained by water. Dehydration is one of the most common detriments to our health, and one of the easiest problems to fix. Make staying hydrated simple and seamlessly interwoven throughout your day.

START EACH DAY OFF RIGHT: Start your morning with a tall, room-temperature glass of water with lemon squeezed into it, before you start taking any tea, coffee, or food. Front-loading hydration is helpful to the body. And be luxurious with your water--for a special treat, add mint, cucumber, or lemon.

HALF YOUR WEIGHT: It is difficult to know how much water is enough. One rule of thumb is to take half your body weight in pounds, and drink that many ounces of water per day. So if you weigh 150 pounds, this would equal 75 ounces of water. If you are working hard, or you

live in a particularly dry climate, you might need to drink even more than this.

WHAT ABOUT BPA?: You've probably seen the phrase "BPA free" on water bottles. BPA stands for bisphenol A, which is a chemical found in polycarbonate plastics and epoxy resins.

According to Mayoclinic.org, some research has shown BPA can seep from a container into foods and beverages, and this is concerning because of possible health effects BPA has on the brain and behavior. Look for non-plastic bottles, or look for the "BPA free" logo.

OTHER DRINKS: Drinking herbal tea is a good way to stay hydrated. You can also augment your hydration with electrolyte-fortified water or sports drinks. However, be aware that a lot of these drinks have incredibly high levels of sugar in them. Hydration isn't a healthy habit if you drink a day's worth of sugar in every glass. So check the label before you buy.

Jennie Hastings Stancu is a licensed massage therapist and author.



Stay hydrated to keep your body performing optimally

Be Immune to Inactivity

The World Health Organization has called inactivity the second-leading risk factor for non-communicable diseases and the fourth-leading risk factor for global mortality.

In the United States, inactivity has helped contribute to the fact that 35.9 percent of adults age 20 years and over are obese, as well as 18 percent of adolescents and children ages 6-19.

With risk factors like high blood pressure, high cholesterol, coronary artery disease, stroke, type 2 diabetes, and more, it's important to make sure you get enough exercise and activity to stay healthy.

Here are some tips to help you keep moving.

Be Aerobic Every Day

The Centers for Disease Control (CDC) recommends getting 2.5 hours of moderate-intensity aerobic exercise each week. If you break it down, that's just over 20 minutes a day of activities like walking, water aerobics, riding a bike, or pushing a lawnmower.

Want to cut that down even further? If you bump the exercise up to vigorous intensity, you can cut the time in half. Vigorous-intensity activities include jogging or running, swimming laps, and playing basketball or tennis.

Add Muscle-Strengthening

Lifting weights, working with resistance bands, and doing body-weight resistance exercises, heavy yard work, or yoga are all considered by the CDC to be important muscle-strengthening activities. The recommendation is to get this type of exercise at least twice a week to the point where your muscles are tired.

If you focus on setting realistic goals and getting just a bit of exercise each day, you'll be on your way to meeting the requirements in no time. Find exercises and activities that you enjoy doing, and it won't seem like such a burden. Plus, you'll feel great about reducing the risk factors associated with a sedentary lifestyle. So get a plan, get out there, and get moving!

*"Acknowledging
the good that
you already have
in your life is the
foundation for
all abundance."*

-Eckhart Tolle

Hey there Leading Lady! I hope you have enjoyed this month's issue of the Leading Lady Newsletter. I have am grateful that you invested a couple of minutes in yourself to read through the articles. Have a productive and fulfilling month!

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MEMBER

