

FOOT CORNS

Corns and callus are one of the most common problems seen by Podiatrists. They can occur on any part of the foot and vary in symptoms from a mild callus under the foot, to an infected ulcer that can develop under a corn on a toe.

Pathologically they are all the same - the skin has thickened in response to pressure. A callus generally refers to a more diffuse thickening of the skin (more common on the toes, but can occur under the ball of the foot) whereas a corn is a thicker more focal area (more common on the toes). A corn can occur under and be surrounded by callus.

SYMPTOMS

- A thickened layer of skin
- Tenderness/pain under your skin
- Flaky, dry or waxy skin

Corns are smaller than calluses and have a hard center. Corns usually develop on parts of your feet that don't bear weight, such as the tops and sides of your toes. Corns can be painful. Calluses, which may feel rough, are rarely painful and vary in size and shape, but are often more than an inch in diameter. Calluses usually develop on your palms and soles, especially underneath the bottom ends of your foot bones (metatarsals)

CAUSES

- Shoes that don't fit properly. If shoes are too tight, they squeeze the foot, increasing pressure. If they are too loose, the foot may slide and rub against the shoe, creating friction.

- Toe deformities, such as hammer toe or claw toe.
- High heeled shoes because they increase the pressure on the forefoot.
- Rubbing against a seam or stitch inside the shoe.
- Socks that don't fit properly.

PREVENTION

Avoiding friction-causing activities can usually prevent corns and calluses and wearing shoes that fit properly, are activity-appropriate, and are kept in good repair. Soles and heels that wear unevenly may indicate a need for corrective footwear or special insoles. Socks, stockings should not cramp toes.

Feet should be measured, while standing, whenever buying new shoes. It is best to shop for shoes late in the day, when feet are likely to be swollen. It is also important to buy shoes with toe-wiggling room and to try new shoes on both feet.

COMPLICATIONS

- Pain
- Ulcer / Abscess
- Infection

GENERAL HOME CARE

You can soak your feet regularly and use a pumice stone or callus file to soften and reduce the size of corns and calluses.

Wearing a donut-shaped foam pad over the corn will also help relieve the pressure. Use non-

medicated corn pads; medicated pads may increase irritation and result in infection. Use a bit of lamb's wool (not cotton) between your toes to help cushion soft corns. Wear shoes that fit properly.

HOME REMEDIES

- **Lemon** is valuable remedy for corns. A fresh slice of lemon should be tied over the painful area at night and allowed to remain there the whole night.
- **Raw papaya** is useful in the treatment of corns. Its juice is an irritant and it is, therefore, a useful application in this condition. Half a teaspoon of raw papaya juice may be applied thrice daily.
- The herb **Indian squill** is useful in removing corns. A bulb may be roasted and applied over the corn. It should be secured with a bandage. This application may be made at night and removed in the morning.
- The milky juice of **green figs** is beneficial for corns of long duration. It helps to soften them. Half a teaspoon of this juice may be extracted from the fruit and applied two or three times daily.
- **Chalk powder** has also been found beneficial in the treatment of corns. A small piece of chalk maybe ground into a paste with water and applied over the affected area.

CALL THE DOCTOR IF

- You are a diabetic
- If you suspect that your corn or callus is infected or is not getting better despite treatment.

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“Every human being is the author of his own health or disease.”

-BUDDHA

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Animal bite can result in a break in the skin, a bruise, or a puncture wound.

CONSIDERATIONS

If the bite is a puncture wound, it has a greater chance of becoming infected.

Animal bites can lead to Rabies which is a rare but potentially deadly disease spreading through the saliva of a rabid animal. Any animal like a stray pet, an animal that is acting strangely, or one who bites unprovoked can be rabid.

There is no cure for rabies once symptoms develop. But, if vaccinated promptly after being bitten, you can de-

doubt about the need for treatment, seek medical care.

SYMPTOMS

Possible symptoms include:

- Break or major cuts in the skin with or without bleeding
- Bruising
- Crushing injuries
- Puncture-type wound

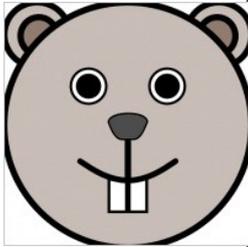


watch the area of the bite for signs of infection (increasing skin redness, swelling, and pain).

- If the bite becomes infected, call the doctor or take the person to an emergency medical center.

PREVENTION

- Teach children not to approach strange animals.
- Do NOT provoke or tease animals.
- Do NOT go near an animal that may have rabies or is acting strangely or aggressively. Do NOT try to catch it yourself.



Certain diseases can also be spread through bites from various animals.

FIRST AID AGAINST ANIMAL BITES

velop immunity before symptoms develop.

Studies have shown that in cases where a person contracted rabies from a bat, many of the victims were not even aware they had been bitten by a bat. If you see a bat in your house or a bat touches you in any way, you should contact a health care provider immediately for advice.

Many animal bites, even if rabies vaccination or stitches are not required, should be treated with antibiotics. Animal bites to the hand or fingers especially warrant antibiotics. If you have any

- If the bite is not bleeding severely, wash the wound thoroughly with mild soap and running water for 3 to 5 minutes. Then, cover the bite with antibiotic ointment and a clean dressing.
- If the bite is actively bleeding, apply direct pressure with a clean, dry cloth until the bleeding stops. Raise the area of the bite.
- If the bite is on the hand or fingers, call the doctor right away.
- Over the next 24 to 48 hours,



FACTS ABOUT OLIVE OIL



Olive oil is one of the healthiest substitute for any fat used in any cooking recipe

- Olive oil is one of the healthiest substitute for any fat used in any cooking recipe.
- People who live in the Mediterranean countries have some of the lowest mortality rates in the world from cardiovascular-related diseases. There are many researches showing positive links between Mediterranean diet & olive oil, which is their main source of fat.
- Olive oil contains more monounsaturated fatty acids than any other fat or oil.
- Olive oil is the most easily absorbed edible fat.
- Olive oil contains absolutely no cholesterol.
- You can bake with olive oil. Just substitute the same amount for the fat called for in the recipe.
- You can fry with olive oil. When used in frying, olive oil coats food instead of

being absorbed. It also contains high amounts of antioxidants and can be reused 4-5 times before being discarded. Other fats and oils can only be used twice.

- There are numerous varieties of olives, and olive oil is the only cooking and salad oil that offers a variety of natural flavors - no two are alike and stored properly.

OUR SERVICES

SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us and upload/ attach your current medical diagnosis for us to get back to you with an opinion and the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

ELECTIVE SURGICAL PROCEDURES

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost and uncompromised quality. We have in our network the best hospitals and surgeons across country who indulge in best surgical practices keeping the quality and patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location and would arrange for your travel and stay throughout the treatment as selected. We would request you to go through our package details for making the best choice for yourself. We also provide second medical opinion services to enable you to make informed decisions. We also offer customized packages for treatment in India. Apart from the medical treatment we also offer various value add-ons like customized tourism options and visa and immigration assistance. To avail our services please sign up and create your profile.

WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive and thorough medical check up for assessing your health status. The 360 degree screening investigates your health and renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future and recommends remedial action for the same. There will be consultations after the tests with renowned consultants and guidance for future course of action if any required.

ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records and digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed and a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms and generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds and what are the parameters that are off limits or it could update the user about a lab report that might be very old and would recommend a retest for the same

**DO YOU HAVE
REVIEWS?
WANT TO SUBMIT
ARTICLES?
DO YOU HAVE
QUERIES?**

**Do write to us with
feedback, queries,
articles on health be
it humor or
educative and we
will make sure they
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CareAsia, a brand of Vipul MedCare Pvt. Ltd., promoted by Vipul Group of India is focused on providing supreme healthcare services to patients searching for quality healthcare options at affordable prices across the globe. It serves as the bridge between patients seeking consultation, treatments, surgeries and top quality hospitals that facilitate efficient healthcare for visiting patients from abroad.

CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed and satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East and South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry, and our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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