

PHOENIX, AZ, September 14, 2013 **/24-7PressRelease/** -- Whether hard or soft, corns on your feet can be painful and inflamed. If you have a troublesome corn, Phoenix podiatrist Dr. Michael Dershowitz can provide care that prevents a more serious foot infection from occurring.

Many people confuse a corn with a callus, according to Dr. Dershowitz, a Phoenix, AZ podiatrist. Corns are smaller than calluses and typically appear on the tops, sides or in between your toes. This is because corns are the result of friction where your toe or side of your foot rubs against your shoe. While corns are not contagious, they can be painful and indicate your footwear is not fitting properly.

"Corns can be the result of too-tight or too-loose shoes," says Dr. Dershowitz, a Phoenix, AZ podiatrist. "Patients who are uncertain about properly fitting footwear can make an appointment for fit suggestions. We can help patients find the right footwear to protect against corns."

While not all corns cause severe pain, those that do can be dangerous. This is especially true if a patient has diabetes or foot circulation problems. A corn can develop into a sore that becomes infected and will not heal quickly due to lack of circulation. Patients with these or other circulation-related conditions should seek treatment for corns at Dr. Dershowitz' office.

Dr. Dershowitz can assess a patient's feet and shoes to determine the potential cause and appropriate treatment for corns. Dr. Dershowitz can perform procedures to treat corns at his Phoenix, AZ office by shaving away -- also known as reducing -- the dead skin from the corn. This procedure does not cause pain because Dr. Dershowitz is removing non-living tissue. Another treatment option is a cortisone injection into or around the corn to reduce inflammation and pain. In rare instances, surgery may be recommended.

Dr. Dershowitz can also recommend preventive steps to keep corns from coming back. In addition to wearing more comfortable shoes and socks, Dr. Dershowitz can instruct a patient on how to wear a foam pad or lamb's wool over the corn to reduce friction. Patients with chronic conditions should not use medicated corn pads as they can lead to increased risk for infection.

"Patients do not have to live with painful corns," explains Dr. Dershowitz, a Phoenix podiatrist. "Patients can start feeling better in as little as one visit to the Southwest Foot Institute for treatment."

## Phoenix, AZ Podiatrist Treats Painful Corns

Written by Australian Business

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To learn how you can live a life free from painful corns, contact Phoenix podiatrist Dr. Dershowitz' Southwest Foot Institute office at (602) 340-8686. For more information about additional services Dr. Dershowitz offers, please visit [www.southwestfootinstitute.com](http://www.southwestfootinstitute.com) .

About Dr. Michael H Dershowitz, DPM, D.A.B.P.S., F.A.C.F.A.S., podiatrist in Phoenix, AZ, has been providing excellent care in Phoenix since 1979. He is a graduate of the Pennsylvania College of Podiatric Medicine and has completed an intensive year of foot surgery training at the Community Hospital of Phoenix. In addition, Dr. Dershowitz has specialized training in neuropathy in Phoenix from A. Lee Dellon, M.D., a professor of Neurosurgery and Plastic Surgery at Johns Hopkins Medical School in Baltimore, Maryland. Here, Dr. Dershowitz learned nerve decompression surgical techniques to aid in the restoration of sensation and elimination of neuropathic pain in both diabetics and non-diabetic patients. Dr. Dershowitz is Board Certified in Foot and Ankle Surgery and is a Diplomat of the American Board of Podiatric Surgery since 1987 and is a Fellow of the American College of Foot and Ankle Surgeons. He is also a member of the American and Arizona Podiatric Medical Associations. He is a former Vice-President of the Arizona Podiatric Medical Association and a member of its Ethics Committee.

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