

# What's The Difference?

## Corns:

- + 'Chicken Eye'
- + 'Mata ikan'
- + Painful when pressed
- + Caused by pressure and poor footwear

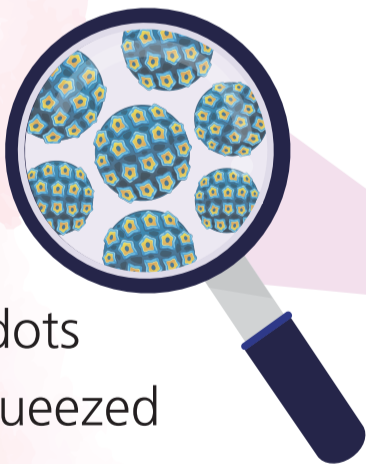


## Tips:

- » Wear proper fitting shoes
- » If you are on any long term medication, do not apply corn medicine without consulting your doctor first
- » If corn does not go away, you may need to see a podiatrist

## Warts:

- + Caused by HPV virus
- + Thick skin with black dots
- + Painful if squeezed
- + Does not have a 'root'



## Tips:

- » If it is painful and getting bigger, please see a doctor

## Callus:

- + Area of thick skin
- + Painful sometimes
- + Caused by pressure and poor footwear

## Tips:

- » Wear proper fitting shoes
- » Apply foot cream daily
- » Use sandpaper file weekly to file dry skin

