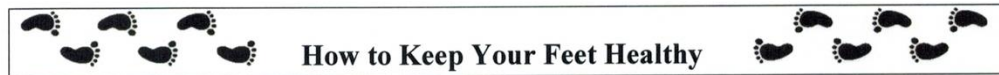




Healthy Feet = Happy Feet

Although our foot clinic is closed due to COVID-19 precautions, we would like to remind everyone not to forget about your feet! Here are some tips from our Chiropodist/foot specialist to help you prevent foot problems.



- ✓ Control your blood glucose.
- ✓ Do not smoke!
- ✓ Check your feet daily. Look at the tops and bottoms of both feet - you may need a mirror. Check between your toes. If you need help as ask a friend to inspect!
- ✓ Wash your feet daily with soap and water – dry well between the toes!
- ✓ Trim your toenails straight across, smooth the edges with a file.
- ✓ Apply a moisturizer daily, but not between your toes. i.e. Uremol, Urisec, Dermal Therapy
- ✓ See your Chiropodist at least once a year.

Other resources:

- Diabetes Canada: www.diabetes.ca
- Wounds Canada: www.woundscanada.ca
- Emergency service - call 705-721-0370