

QUICK DIABETIC FOOTCARE TIPS

- 1) Have good control over your blood sugars.
- 2) Check your feet daily for cuts, bruises, swelling, or blisters. Use a mirror if you are unable to see the bottom of your feet, or wear white socks and inspect them for traces of blood when you remove them at the end of the day.
- 3) Neuropathy can affect sensation in the feet...check the temperature of water prior to soaking your feet. Always dry your feet well, especially between the toes.
- 4) Moisturize (but not between the toes) as diabetics tend to have dry skin.
- 5) Long toenails may accidentally hurt you. Trim accordingly and file sharp edges. Do not cut too short. Be careful not to cut yourself.
- 6) Proper footwear: Comfortable socks and broad flat shoes that fit well. The inside lining should be smooth and shoes should be checked for foreign objects (pebbles) that may hurt you. Do not walk barefoot on hot pavement or at the beach.
- 7) Ensure good blood flow to the feet by elevating them if sitting for prolonged periods of time. Also, do not cross your legs. Wiggle your toes and ankles from time to time.

Homecare visits are available for those who are unable to leave the house.

Rates may differ for homecare.

Shuswap Soles Footcare



VANNA KING LPN FCN

**Certified in Advanced, Geriatric, and Diabetic
Footcare**

Proper footcare can prevent serious complications.

Rates

\$35.00 for 30 minute footcare treatment at clinic

\$5.00 extra charge for fingernail trimming

Approved provider by Veterans Affairs Canada

*NO physician referral required!

Typically clients will need footcare every 6-8 weeks.

To book an appointment at the Sorrento Clinic, please call Vanna at 1-(250) 574- 9969

Or send an email to

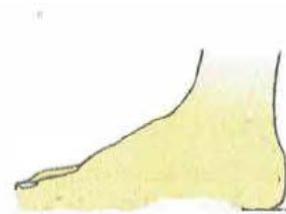
shuswapsoles@hotmail.com

Sorrento Clinic Address:

Unit #1 1250 TransCanada Hwy, Sorrento BC
(Above Munro's I.D.A. Pharmacy, access from rear)

Why do you need a footcare nurse?

Aging bodies have decreased flexibility and over time people become unable to clip their own toenails.



Sometimes the structure of the foot changes as we age making it difficult to trim toenails or do your own footcare.

Thick or fungal nails require a reduction in thickness prior to trimming. Leaving nails to grow thicker and thicker can result in pain while walking and wearing shoes.



Painful ingrown toenails can easily become infected if not cut properly and maintained on a regular basis.

Having regular foot care can prevent and treat calluses and corns, skin dryness or cracked heels...and so much more!