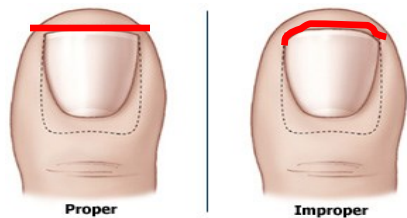


HEALTHY FEET CHECKLIST:

- ✓ Control my blood glucose levels
- ✓ Wash and dry your feet everyday (especially between the toes)
- ✓ Apply moisturizer to your feet daily but not between toes.
- ✓ Trim your nails straight across and file away any sharp edges



- ✓ Exercise regularly as recommended by your healthcare professional
- ✓ Wear closed toe shoes to protect your feet from injury
- ✓ Check your feet regularly for signs of redness or blisters
- ✓ Report any issues to your healthcare provider

PREVENTING DIABETES FOOT COMPLICATIONS



Phone: 905-338-4802

Fax: 905-338-0442

E-mail:

diabetesfootcareprogram@haltonhealthcare.on.ca



Information about **FREE** foot care service for patients with diabetes.

ABOUT THE PROGRAM

The Diabetes Foot Care Program is a new initiative funded by the Mississauga Halton LHIN to prevent foot complications in patients with diabetes.

The program offers free preventative foot care by Chiropodists and Registered Practical Nurses for qualified patients with diabetes.

Services are offered at various locations in Mississauga, Oakville, Milton and Georgetown.

Program Offers:

- Diabetes nail care
- Diabetes foot care
- Early Wound Management
- Self Management Education
- Footwear Assessment
- Footwear Education

PROGRAM ELIGIBILITY

- ☑ Patients with Diabetes diagnosis
- ☑ Patients enrolled in a Diabetes Education Program in Mississauga Halton LHIN
- ☑ Residents of Mississauga Halton LHIN
- ☑ Patients with one or more clinical risk factors for foot complications
- ☑ Barriers to using fee-for-service

HOW TO REFER

Complete a Mississauga Halton Diabetes Services Referral Form to access the Diabetes Foot Care Program.

For Referral Forms, please contact:

Mississauga Halton Central Intake Program

Phone: 1-855-223-6847

www.mhcentralintake.com

CHOOSING PROPER FOOTWEAR

Footwear is essential for everyone, especially those with diabetes.

- ☑ Shoes should have **no seams** to prevent rubbing injuries.
- ☑ Shoes should have laces or velcro for proper fastening.
- ☑ Shoes need a high and wide toe box to prevent pinching of the toes.
- ☑ Deep and wide designs that allow room for removable insoles.
- ☑ Shoes need to have a breathable fabric - leather is good for this.
- ☑ Shoes should be purchased at the end of the day when feet tend to be larger/swollen.

