

## WHO WE ARE

**Canada's largest specialist care provider in Diabetes and Endocrinology.**

**Our comprehensive care team includes:**

- 50+ Endocrinologists
- Physician Assistants
- 34 Diabetes Educators (Registered Dietitians, Registered Nurses, Pharmacists)
- Chiropodists
- Optometrists

**11 locations across Canada** caring for more than 68,000 patients. We are dedicated to providing exceptional care and customer service to our patients and their referring physicians.

Our goal is to provide you with the tools and resources you need to better control your diabetes so that it doesn't control you.

## DIABETES & FOOT CARE

**Why It's Important**

Foot problems are common in people living with Diabetes. Routine foot care should be an essential part of your diabetes management.

Diabetes may cause neuropathy (nerve damage) along with arterial disease (poor blood circulation). As a result, individuals with Diabetes are less likely to feel even the smallest of foot injuries. Left untreated, foot injuries can lead to infection and in severe cases, amputation. Ongoing, routine care can help you keep your feet healthy.

**Be sure to see a Chiropodist as part of your Diabetes management regimen.**

## SERVICES OFFERED

- Diabetes Foot Risk Assessment
- Nail and Callous Care
- Wound Management
  
- Fungal Nails & Athlete's Foot Treatment
- Ingrown Toenail Surgery
- Wart Treatment
- Bunion & Corn Treatment
- Plantar Fasciitis & Heel Pain Treatment
  
- Biomechanical Assessment & Gait Analysis
- Custom-made Orthotics
- Orthopaedic Footwear Advice
- Custom-made Shoes
- Varicose Vein Assessment & Compression Therapy

**Take your first step towards better health!**

Sign up today for your Initial Assessment with a Chiropodist. Assessment includes:

- Full diabetes examination of both feet
- Shoe assessment
- Education on potential risks
- Information on how to better care for your feet

## BOOK AN APPOINTMENT

phone **1.844.LMC.FOOT (562.3668)**

email **footcare@LMC.ca**

## CUSTOM ORTHOTICS & COMPRESSION THERAPY

**WHAT ARE CUSTOM-MADE ORTHOTICS?**

Custom-made orthotics are biomechanical devices designed to correct the alignment of the foot and ankle. They are shaped like footwear insoles and are used with shoes to improve foot pain and walking patterns. Each pair of custom made orthotics is made directly from a 3D laser scan of your foot and designed specifically to address your foot's individual needs.

Orthotics support the foot in a corrected, neutral position, allowing your feet to function within a normal range of motion. They allow for better pressure distribution to reduce and prevent foot pain and complications.

**INDICATIONS FOR ORTHOTIC THERAPY:**

- Plantar Fasciitis
- Metatarsalgia
- Bunions
- Morton's Neuroma
- Leg Length Discrepancy
- Ankle/Knee/Hip/Back Pain
- Intoed/Outoed gait • Pediatric Flat Foot
- Pressure Wounds/Ulcers
- Diabetes - Neuropathy • Arthritis
- Flat feet • High Arches

**WHAT ARE COMPRESSION STOCKINGS?**

Compression stockings are used to control swelling in the legs. They help improve circulation by preventing a build up of fluid in the area. Compression gently squeezes the leg muscles and vein walls to help move fluid up the leg thus improving blood flow and decreasing leg pain.

**INDICATIONS FOR COMPRESSION THERAPY:**

- Varicose Veins and Spider Veins
- Edema/Swelling
- Venous Ulcers
- Pregnancy

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## FAQS

### Does OHIP cover my initial visit?

Chiropractic services are not currently covered under OHIP, however, most extended health benefit plans cover Chiropractic services and orthopaedic devices. We would be happy to assist you in determining what your insurance plan covers.

### Do I require a referral?

No, we do not require a referral for an initial assessment or treatment. However, if you have extended health benefits, you should consult your insurance provider for details regarding your plan as some companies require that you have a referral dated prior to your initial assessment. We would be happy to assist you in determining what your plan requires.

### What are the benefits of seeing a Chiropractor?

Chiropractors are trained medical professionals that specialize in the treatment of feet. As such, chiropractors offer more thorough foot exams, higher standards of infection control, specialization in soft tissue surgeries, and the ability to prescribe medication if necessary. This high quality of foot care enables an active lifestyle and contributes to an improved level of health and wellness.

### What should I expect at my initial assessment?

You can expect a thorough foot examination of your feet during your initial assessment as well as a medical history of your general health. Please provide your LMC Chiropractor with a list of your current medications. An individualized treatment will then be provided. Examples include routine nail or callous care, as well as wart treatments. All treatments are performed using steamed sterilized instruments and are at the highest standards of infection control.

## LOCATIONS

### LMC BARRIE

370 Bayview Drive  
Suite 110  
Barrie, ON L4N 7L3  
T 705.737.0830  
F 705.737.0679

### LMC BRAMPTON

2979 Bovaird Drive E  
Brampton, ON L6S 0C6  
T 905.595.0560  
F 905.595.0562

### LMC ETOBICOKE

1723 Kipling Avenue  
Suite 2B  
Etobicoke, ON M9R 4E1  
T 416.645.1035  
F 416.645.1036

### LMC MID-TORONTO

1929 Bayview Avenue  
Suite 107  
Toronto, ON M4G 3E8  
T 416.645.2929  
F 416.645.2930

### LMC OAKVILLE

3075 Hospital Gate  
Suite 301  
Oakville, ON L6M 1M1  
T 905.337.0040  
F 905.337.0437

### LMC OTTAWA

4100 Strandherd Drive.  
Suite 208  
Ottawa, ON K2J 0V2  
T 613.505.9704  
F 613.505.9707

### LMC VAUGHAN/ THORNHILL

1600 Steeles Avenue W  
Unit 5  
Vaughan, ON L4K 3B9  
T 905.763.8660  
F 905.763.0708



MAKING HEALTHY EASIER



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