

WHO WE ARE

We are Canada's largest Specialty Care Provider in Diabetes & Endocrinology: 35 Endocrinologists and 25 Diabetes Educators in 9 sites, caring for > 56,000 patients across Canada.

We believe in providing comprehensive, integrated care in the treatment of Diabetes and its related conditions. Our multidisciplinary care team consists of Endocrinologists, Certified Diabetes Educators (Registered Nurses & Registered Dietitians), Pharmacists, Physician Assistants, Chiropractors and Optometrists.

We are committed to providing high quality care and outstanding customer service to our patients and their referring physicians. LMC offers short wait times, convenient locations and service in multiple languages.

Our goal is to provide you with the tools and resources you need to better manage your condition so you can lead a full and productive life.

WHAT IS CHIROPODY?

"Chiropody is the assessment of the foot and the treatment and prevention of disease or disorders of the foot by therapeutic, surgical, orthotic and palliative means."

- **The Chiropody Act, 1991**

CHIROPODY or PODIATRY?

Chiropractors are Canadian trained professionals, and Podiatrists are usually trained in other regions. Chiropractors and Podiatrists work under similar scopes of practice in Ontario.

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 managing your condition.

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 Chiropractor as part of your Diabetes management regimen.

SERVICES OFFERED

- Diabetes Foot Risk Assessment
- Diabetic Nail and Callous Care
- Wound Management

- Fungal Nails & Athlete's Foot Treatment
- Ingrown Toenail Surgery
- Wart Treatment
- Bunion & Corn Treatment

- Biomechanical Assessment & Gait Analysis
- Custom-made Orthotics
- Orthopedic Footwear Advice
- Custom-made Shoes
- Varicose Vein Assessment & Compression Therapy

- Plantar Fasciitis & Heel Pain Treatment
- Treatment of Peripheral Neuropathy

Action Steps for people living with Diabetes

1. Inspect your feet daily

- Check your feet and toes everyday for cuts, bruises or sores
- Check for changes to the toenails (i.e. thickening and discolouration)

2. Exercise

- Walking can keep weight down and improve circulation
- Helps to maintain ideal blood sugar levels

3. Have new shoes properly measured & fitted

- Foot size and shape may change over time

4. Do not go barefoot

- Do not go without shoes, even in your own home
- Inspect shoes prior to putting them on for foreign objects, animal hair, pebbles etc.

5. Wear seamless, soft socks

- Avoid socks with seams that may rub and cause blisters or other skin injuries
- White socks are best

6. Never remove corns, calluses or warts by yourself

- Over the counter products can burn the skin and cause irreversible damage to the foot for people with diabetes
- Moisturize your feet – apply cream to the top and bottom of the feet, not between the toes.
- Do not soak your feet

7. See your Chiropractor

- Regular checkups by a Chiropractor – at least annually – are the best way to ensure that your feet remain healthy

Visit us at LMC.ca/foot-care

FAQs

Does OHIP cover my initial visit?

Unfortunately, Chiropody services are not currently covered under OHIP, however, most extended health benefit plans cover Chiropody services and orthopedic 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 Chiropodist?

Chiropodists are trained medical professionals that specialize in the treatment of feet. As such, chiropodists 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 can a Chiropodist prescribe?

Chiropodists are able to prescribe custom-made orthotics, orthopaedic shoes, custom-made shoes, compression stockings, as well as medications like anti-inflammatories (oral and topical) and antibiotics (oral and topical).

More FAQs ...



FAQs Continued

What is a diabetes foot risk assessment?

This is an assessment that is done at least once a year to screen for complications that may arise in the foot for those with diabetes. It includes testing the nerves and blood flow to the foot. Your foot shape, skin and nails will also be examined. An assessment of your footwear, including fitting advice, will also be provided. Preventative care is critical to reducing the risk of foot complications in individuals living with diabetes.

What is a biomechanical assessment and gait analysis?

Your LMC Chiropodist will check the range of motion in your feet and legs, watch the way you walk and educate you on the mechanics of your body. Your footwear will also be assessed. You will then be presented with an individualized treatment plan that meets your unique needs.

TAKE YOUR FIRST 'STEP' TOWARDS BETTER HEALTH

Sign up today for your Initial Assessment with a Chiropodist. Assessment includes a full diabetic examination of both feet; a shoe assessment; education on potential risks; and information on how to better care for your feet.

Interested in seeing an
LMC Chiropodist?

Call TOLL FREE at **1-844-LMC-FOOT**
(1-844-562-3668) or
email **footcare@LMC.ca**



Canada's leading Specialist
Group Practice in
Diabetes, Endocrinology
and **Metabolic Disease**

LMC OAKVILLE
3075 Hospital Gate Suite 309
Oakville, ON L6M 1M1
TOLL FREE 1-844-LMC-FOOT
(1-844-562-3668)
Fax 1-877-562-2778
footcare@LMC.ca

Visit us at LMC.ca/foot-care

Visit us at LMC.ca/foot-care