



Caring for your feet is important; as you walk on them each and every day.



For more information see:

www.norwestchc.org

www.sjcq.net

www.diabetes.ca/Section/About/feet.asp



How to Care for Your Feet

Most people are born with healthy feet. However as people age, they are at risk for foot complications; especially, if they have diabetes, poor blood circulation, arthritis, or nerve damage.

There are many things that you can do at home to ensure you keep your feet healthy:

- Inspect your feet daily for cuts, blisters, scratches, or red areas
- Wash your feet with warm water and mild soap daily, dry thoroughly; especially, between your toes
- Wear comfortable shoes that fit well and provide proper support; never go barefoot
- Use a foot file to dry callous areas every other day
- Wear clean, dry socks daily, and avoid tight socks
- Apply lotion to dry areas; except between toes
- Cut your nails straight across and file the edges, never cut into the corners
- Never treat bunions, blisters, or ingrown toenails yourself
- Never soak your feet in hot water and avoid extreme temperatures

Fungal infections appear as thick, brittle, yellow nails. If you think you have a fungal infection, it is important to see your health care provider, as it can spread to other areas of your body.

Things you can do to prevent infection:

- Wear shoes and socks that are not too tight and allow the feet to breathe
- Rotate your shoes to allow them to dry out between use
- Change your socks daily
- Keep feet clean and dry
- Never go barefoot in public locker rooms, showers, or pool areas
- Use an antifungal powder or cream daily if prone to infections



How to

Care for Your Feet



A proper shoe fit is important to foot health. The following can help you in selecting suitable footwear:

- Buy your shoes at the end of the day, when your feet have swollen to their maximum
- Avoid wearing new shoes for more than a few hours at a time
- Properly fitting shoes should never hurt your feet
- Always wear socks
- Have your feet measured every time you buy shoes; as feet change over time and shoes sizes vary by brand
- Shoes should be made of natural material to allow the feet to breathe (i.e. leather)
- The longest toe should be a half inch from the end of the shoe

Where to Find Help

NorWest Community Health Centres 622-8235

525 Simpson St.
www.norwestchc.org

**Diabetes Health Thunder Bay
St. Joseph's Care Group** 344-3422

285A Memorial Ave.
www.sjcg.net

**St. Joseph's Care Group
Chiropody Service** 346-2340
Foot Care Clinic - Foot Care Services 343-2433

35 Algoma St. N.
www.sjcg.net

Canadian Diabetes Association 577-4232 or
501-200 Syndicate Ave. 1-800-226-8464
www.diabetes.ca/

The Arthritis Society 345-9535 or
895 Tungsten St., Suite 5 (toll free) 1-800-268-9535
www.arthritis.ca

Veterans Affairs Canada (English) 1-866-522-2122
214 Red River Rd. Suite 202 (French) 1-866-522-2022
www.vac-acc.gc.ca

Community Information and Referral Centre 211
125 Syndicate Ave. S., Unit 17
Victoriaville Centre
<http://www.lspc.ca/circ>

VON Canada 344-0012
214 Red River Road., Suite 200
Footcare clinics, institution and in-home care.