

Services available for foot care

Before connecting to any foot care provider, it is highly recommended that you connect with your primary care provider to determine the most appropriate and/or best care needed for you.

A vital part of diabetes management is the prevention of complications. People living with diabetes must check their feet daily to ensure they maintain healthy feet, in order to avoid foot related complications such as cuts, sores, ulcers, bunions and deformities. Having a healthcare provider assess the sensitivity and circulation of your feet is also vital to maintain healthy feet.

The Champlain DRCC does not endorse or promote any specific foot care service, and lists only professionally designated services in the region.

Ministry funded foot care services require a referral and must meet some requirements. Private funded foot care services charge a fee (between \$ 24-45 depending on treatment needs) and can be **self-referred**.

- Ottawa East area
- Ottawa Central area
- Ottawa West area
- Renfrew County
- Eastern Counties
- North Lanark/ North Grenville

***For more information regarding foot care services, please consult the following website:

http://www.champlaindrcc.ca/people_diabetes/find_foot_care_services.html