

YOUR FOOTCARE NEEDS. OUR TRUSTED SOLUTIONS.

LMC Footcare

DIABETES AND YOUR FEET

WHY SHOULD I BE CONCERNED ABOUT MY FEET?

Diabetes can impact your feet in many ways. The most significant are nerve damage and reduced blood circulation which can happen over time.

Nerve damage, otherwise known as peripheral neuropathy, can cause numbness, tingling or loss of feeling in your feet. If you can't feel pain, you may not know when you have a pebble in your shoe leading to a cut or if you have burned yourself with scalding hot bathwater.

When circulation is also reduced, it makes it harder to heal from a simple injury like a cut or an ingrown toenail.

WHAT CAN I DO TO KEEP MY FEET HEALTHY?

Seeing an LMC Chiroprapist at minimum once a year for a comprehensive diabetic foot exam can help to assess, monitor, and determine your risk for developing ulcers or wounds, and should be a staple part of managing your diabetes.

WHAT ARE SIGNS THAT I NEED TO SEE A CHIROPDIST?

- If you are newly diagnosed with Type 1 or Type 2 Diabetes
- If you have numbness or tingling in your toes
- If you have corns, calluses, or cracks in the skin
- If you suspect an ingrown toenail
- If your nails have become thick or discoloured, which can lead to skin breakdown
- If you have swelling, warmth, redness, or pain in your feet
- If you have pain when you walk we will assess your gait and alignment, evaluate your footwear and review or prescribe orthotics



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WHY HAVE I BEEN REFERRED TO LMC FOOTCARE?

The Chiropractors at LMC are highly skilled practitioners who treat patients with diabetes related foot concerns daily. From the simplest to the most complex conditions, you can rest assured that you are in good hands.

We keep your family doctor and specialist informed of every step of the way. LMC Chiropractors are part of the largest team of Medical Specialists in North America.

Helping you put your best foot forward.

We're committed to providing exceptional footcare treatment and education so that every step you take is pain-free.



25 YEARS
OF SERVICE



ACTIVELY INVOLVED
IN CUTTING EDGE
RESEARCH



WORK WITH-IN A
MULTIDISCIPLINARY
TEAM OF MEDICAL
SPECIALISTS



MEMBER OF THE APPROVED
PROVIDER NETWORK
FOR QUALITY AND ETHICAL
BUSINESS PRACTICES



WORK IN CLOSE
COLLABORATION WITH
YOUR FAMILY PHYSICIAN

HOW TO REACH US TO BOOK AN APPOINTMENT:



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