



Congratulations

A1 Foot Care & Wellness. Consumers and Businesses in the Kelowna region have selected your business as the 2024 Consumer Choice Award recipient in the category of Podiatrists / Foot Clinic"

What is the importance of foot care?

Good foot care (healthy skin, nail care, and proper footwear) is very important for anyone with diabetes, because you have a greater risk of having problems with your feet (such as skin that is dry and cracked, sores, changes in foot shape). This is because diabetes damages your nerves and reduces blood flow (circulation) to your feet, which can cause serious foot problems. About 1 in 5 people with diabetes who go to the hospital do so for foot problems.

However, if you inspect and take care of your feet every day, you can prevent many of these problems.

Foot care is even more important if you have **any**:

- loss of feeling, numbness, or tingling in your feet
- changes in the shape of your feet or toes
- sores, cuts, or ulcers on your feet
- pain or cramps in your lower legs

If you have any of these problems and they don't get looked after you could develop an ulcer (wound) which could lead to an amputation. Good foot care can lower the chances of amputation.

What is difference between a Foot Nurse and a Podiatrist

Podiatrists have a university degree in podiatric medicine and are health care professionals who

diagnose and treat foot ailments. Additionally, some podiatrists have also gone through a residency program in podiatric surgery.

Foot Care Nurses (RN/LPN), are those who have taken a specialized Advanced training program in foot care. Our key responsibility is to prevent problems from happening and we use practice standards and evidence garnered from a multitude of disciplines to guide our practice. We complete lower limb assessments, assess shoes and socks and gait, trim toenails, reduce toenail thickness, reduce calluses, remove corns, address fungal toenails and skin issues, help with edema control, perform a circulation-enhancing massage, recommend some shoes for diabetics and hard to fit feet. We also provide a lot of education as we work to prevent as much as possible. We do not diagnose, do surgery, or prescribe medication.

Why should you obtain the services of a certified foot care nurse instead of going to a nail salon or spa, or from someone who does foot care on the side and can do the work at a discounted rate?

<https://hospitalnews.com/four-great-reasons-to-hire-a-certified-foot-care-nurse/>

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Melanie Berg Clinical Director

Professional Footcare *...is great for the Sole*

- Promote Healthy Feet
- Minimizes Pain & Discomfort
- Prevent Foot & Nail Infection
- Relieves Foot Ailments
- Prevents Diabetic Foot Ulcers
- Helps Prevent Loss of Toes or Foot



A1 Foot Care

Kelowna/Vernon & Area

Advanced Foot Care provided by LPN's and RN's
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