

Foot care resources

Professional care

Lower Mainland Foot Care Nurses Association

The foot care service price changes based on the foot care nurse. Most nurses provide home and hospital visits. Search for a nurse near you: lmfna.ca/members/#!/directory/map/ord=rnd
Scan the QR Code to open this link in your browser.



Burnaby Community Foot Care Nurse

A registered nurse provides services at community locations in Burnaby by appointment only.

Cost: \$55 per service

Contact to book an appointment:

Cell: 778-228-6021

Email: becoxon@gmail.com

Toe to Toe Foot Care Clinic

A registered nurse provides services at this clinic

Location: 2615 St Johns Street, Port Moody

Contact to book an appointment:

Office: 604-939-4325 Cell: 604-970-3876

Email: info@diabeticfootcarenurse.com

Outreach Resource Centre (free of charge, first come, first served)

- For people who live in Burnaby and cannot access other foot care nurse services
- Location: 7375 Kingsway, Burnaby
- Clinic hours: Most Thursdays from 9 a.m. to 11 a.m.

Online resources

Scan the QR code to see this resource sheet with hyperlinks in your browser.

- **Diabetes Canada:** Provides Diabetes information including tips to care for your feet. bit.ly/48a3s2C
- **American Podiatric Medical Association:** Offers information on foot health. apma.org
- **Pedorthic Association of Canada:** They specialize in the design, fit, and modification of custom-made orthotics, orthopedic footwear, and braces based on a biomechanical exam and gait analysis. bit.ly/408dYW8
- **Foot Health Facts:** Articles on various foot conditions and treatments. foothealthfacts.org
- **Mayo Clinic:** Provides expert advice on maintaining healthy feet. mayoclinic.org



Useful products (available at a cost)

Moisturizers for dry skin:

- Atrac-Tain Cream (10% Urea) – Available at Regency Medical Supplies
- Urisec Cream (10% or 22% Urea) – Available at Shoppers Drug Mart
- Uremol Cream (10% or 20% Urea) – Available at Shoppers Drug Mart
- Ure Derma Cream (10% or 20% Urea) – Available at London Drugs
- Dermal Therapy (22% Urea) – Available at London Drugs, Shoppers, and Costco

Soaks (for non-diabetics):

- **Epsom salts:** Mineral compound made up of magnesium, sulfur, and oxygen. Helps with muscle soreness and stress.
- **White vinegar soak:** Mix one-part white vinegar with two parts warm water. Vinegar has natural antibacterial properties that can help slow down foot fungus, prevent foot odor, and sooth dry feet. When using white vinegar for dry feet, mix it with water at room temperature.

Foot care tools:

- Pumice stone
- Nail clippers
- Foot files
- Non-breakable hand mirror (to look at the bottom of your feet)

Footwear tips

- Choose shoes that fit well and give you good support.
- Try not to wear high heels and shoes with narrow toe boxes.
- Replace your shoes at least every 8 months.

Circulation tips

- Lift up your feet at the level of your heart when sitting to improve circulation.
- Exercise regularly to keep healthy blood flow to your feet.

General foot care tips

- Look at your feet every day for cuts, blisters, dry or cracked skin.
- Gently clean your feet daily with lukewarm water and mild soap. Make sure to dry between your toes.
- Always wear slippers, even at home. Avoid going barefoot.
- Change your socks every day. If you have diabetes, wear diabetic socks with extra padding and no elastic tops (preferably white).
- Have your feet looked at by a health care professional at least once a year.
- If you have pain or discomfort, wear cushioned insoles or orthotics. Talk to a podiatrist if you have foot pain or discomfort that does not go away.

Notes:

Use this space to write down any questions, observations, or additional notes about your foot care routine.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

By following these guidelines and using the resources provided, you can have healthy feet and address any issues quickly. Always talk to a health care professional for advice and treatment options that are specific to your needs.