

and the rate of lower limb amputation by up to 70% with proper foot care.

At The Foot Institute, our mandate is to educate the public about proper foot care including the severe consequences of diabetes. With this knowledge, people can take proactive measures to better manage their disease and their feet.

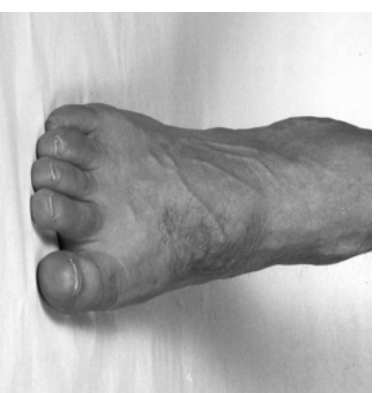
Neuropathy – The Most Common

Cause of Foot Problems

Diabetic foot ulcers is a serious condition that requires immediate and proper treatment, as infected ulcers are the leading cause of lower limb amputations. Diabetic foot ulcers are most commonly caused by a condition known as neuropathy.

Neuropathies diabetics can experience are autonomic, motor and sensory.

Autonomic neuropathy interferes with sweat gland function that produces moisture. This disposes patients to cracked or dry feet that can be tracks for infection. Motor neuropathy affects the muscles and may lead to atrophy which occurs when the muscles and tissues of the foot become small and lose their strength. This often translates to curvature of the toes and decreased cushioning, and causes pressure areas on the foot.



N O R M A L F O O T

Sensory neuropathy results in a reduction of sensation in the feet such that stepping on a tack may not be felt. Also related is an inadequate understanding of the position of the feet. This may lead to abnormal amounts of pressure on certain areas leading to calluses or a deterioration of the bone and joints that can break down and develop into ulcers.

Vascular Disease

Another problem that diabetics often experience is vascular disease. With this condition, the skin of the feet can become thin, with a corresponding loss of hair growth on the feet. Additionally, the feet will often become cold or feel cool to the touch. Because of the vascular compromise, an individual's feet may become more susceptible to breakdown and ulceration.

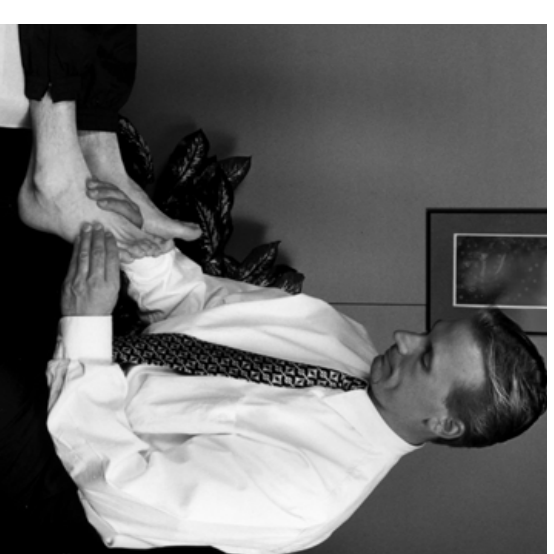
Prevention

The Foot Institute feels it is important to work with diabetic patients in identifying potential problem areas and adopting patient education strategies to reduce the risk of further complications.

One common problem patients often experience deals with biomechanics or the way a person pathologically adapts to the ground. Many people have acquired, or are born with, certain foot types that cause abnormal pressure on certain areas of the foot when walking or doing other activities. These areas, when compounded with neuropathy, can often cause ulcers, subsequent infection and all too often - amputation.

As part of a prevention strategy, Doctors at The Foot Institute will often prescribe orthotics which allow for the proper distribution of pressure on the feet. Orthotics prescribed by The Foot Institute "correct" or "accommodate" the way a patient walks, thus reducing or eliminating excess pressure in particular areas of the foot.

D I A B E T I C F E E T



Patients can also take many proactive measures such as selecting proper fitting footwear, ensuring that shoe interiors are clean and free from foreign matter, using creams and moisturizers, inspecting feet daily for cuts, lesions or other irregularities. Patients should also report any signs of neuropathy, foot pain or other problems to their Doctor.

Your Foot Specialist

It is important that diabetics understand the many aspects and possible complications of diabetes. It is imperative that blood sugars are managed and patients follow the recommendations of the Family Physician. Doctors at The Foot Institute recommend that all newly diagnosed diabetic patients, or those in a high-risk category, be seen for a screening examination. Those patients experiencing problems should be seen on a regular basis.

Doctors at The Foot Institute have ten years or more of higher education where they have focused on all problems concerning the foot and the complications of diabetes. We will evaluate patients for signs of neuropathy, vascular compromise and perform a biomechanical evaluation. If a patient is diagnosed with a vascular compromise we can often identify the level or cause of the disease. If a dermatological problem, neuropathy, or a skin condition such as calluses or corns are present, they need to be dealt with proactively to avoid potential serious problems.

Northern Alberta Clinic Directory

EDMONTON

Main Clinic
2308 - 96 St.
(780) 444-FOOT (3668)

U of A Hospital
Metabolic Centre

The Allin Clinic
10155 - 120 St.

Weinlos Clinic
15508 - 87Ave.

Links Clinic
11910 - 111 Ave.



Dr. Shenin Mohamed, DPM



Dr. Brent Young, DPM



Dr. Scott Hollingsworth, DPM

BONNYVILLE/COLD LAKE

Bonnyville Health Centre
5001 Lakeshore Drive
*(780) 826-3311

DRAYTON VALLEY

Hospital and Health Centre
4550 Madson Avenue
*(780) 542-5321

EDSON

Edson Medical Centre
616 - 50 St.
*(780) 723-5531

FT. MCMURRAY

Thickwood Heights Clinic
108 Wolverine Dr.
*(780) 791-4547

GRANDE PRAIRIE

Prairie Medical Clinic
10309 - 98 St.
*(780) 539-4010

LLOYDMINSTER

Lloydminster Clinic
5120 - 46 St.
*(780) 875-2221

SHERWOOD PARK

#105, 50 Brentwood Blvd.

SPRUCE GROVE

Grove Plaza Medical Centre
100 King Street
*(780) 962-FOOT (3668)

ST. ALBERT

Liberton Clinic
#103, 31 Liberton Dr.

FORT SASKATCHEWAN

Fort Saskatchewan Medical Clinic
9421 - 94 Ave.

WESTLOCK

Associate Medical Clinic
203, 10030 - 106 St.
*(780) 349-3341

WETASKIWIN

Wetaskiwin Lung Clinic
5217 - 50 St.
*(780) 352-7085

* Please book appointments directly with clinics.

In Edmonton and area Call **444 - FOOT** (3668) to book an appointment near you.

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South / Central Alberta Clinic Directory

CALGARY

Main Clinic
380 Canyon Meadows Drive S.E. Suite 3215
(403) 242-FOOT (3668)

Beddington Medical Clinic
#302, 8120 Beddington Blvd. N.W.



Dr. Todd Schnoor, DPM



Dr. Jason Lehr, DPM

AIRDRIE

Airdrie Medical Clinic
#10-620 First Ave. West
*(403) 948-3109

CANMORE

Canmore Associate Medical Clinic
124 - 1151 Sidney Street
*(403) 678-5585

LACOMBE

Main Street Medical Clinic
4929 - 50th Ave.
*(403) 782-6717

OLDS

Olds Associate Clinic
5018 - 53 Street
*(403) 556-3355

RED DEER

Red Deer Associate Clinic
4705 - 48 Avenue
*(403) 342-0566

STRATHMORE

Strathmore Clinic
#4, 55 Wheatland Trail
*(403) 934-5911

* Please book appointments directly with clinics.

In Calgary and area Call **242 - FOOT** (3668) to book an appointment near you.

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For more information visit our web site at www.footinstitute.com

THE FOOT INSTITUTE

DIABETES AND YOUR FEET

Incidence of Diabetes

One of the most common chronic diseases in our society is diabetes mellitus. The prevalence of this disease is now reaching near-epidemic proportions with its incidence expected to increase dramatically in the coming years. In North America, there are over 500,000 new cases of diabetes diagnosed each year. Studies also indicate that the number of people who unknowingly have diabetes is very high particularly among some populations.

A large percentage of people with diabetes will develop problems with their feet. Statistics show that diabetes is the most common cause of lower limb amputations. Every hour 3 people with diabetes must have a foot, ankle or leg amputated. Statistics demonstrate that it is possible to decrease complications

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