

FOOT CARE TIPS

- **Do** check you feet daily and in particular, feel for skin temperature differences between your feet.
- **Do** wear socks at night if your feet get cold
- **Do** elevate your feet when you are sitting
- **Do** wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
- **Do** exercise regularly to improve circulation
- **Don't** wear high heels, pointed-toe shoes, sandals or worn-out shoes
- **Don't** ever go barefoot, even indoors.
- **Don't** put hot water bottles or heating pads on your feet.
- **Don't** cross your legs for long periods of time.
- **Don't** smoke as it decreases circulation and healing and significantly increases the risk of amputation.
- **Don't** have pedicures by non-healthcare professionals.

(Canadian Diabetes Association, 2009)



Barrie and Area Diabetes Collaborative

DIABETES FOOT CARE IN THE BARRIE AREA

A Step Toward Good Health



Barrie and Community Family Health Team



CHIROPODISTS AND PODIATRISTS

A Foot Forward

(M. Ferreira)
79 High St. Barrie, ON
705-721-1611
Initial - \$45
After - \$30

Atrium Foot Clinic

(E. Chung)(F. Hastings)(N. Patel)
302-190 Cundles Road E., Barrie, ON
705-722-3044
Initial - \$45-55
After - \$45 (seniors \$40)

Barrie Foot Clinic

(O. Lalonde)
192 Bradford St., Barrie, ON
705-739-6181
Initial - \$50
After - \$37

Barrie Podiatry

(K. Nizami)
121 Wellington St., Barrie, ON
705-722-6470
Initial - \$47 (seniors \$42)
After - \$37 (seniors \$32)

Essa Road Chiropractic and Massage

(K. Gauld)
151 Essa Road, Barrie, ON
705-739-9585
\$35

Feet In Comfort Family Foot Care

(F. Mortelliti)
411 Huronia Rd., Unit 6A, Barrie, ON
705-797-4868
Initial - \$60 (seniors \$55)
After - \$45 (seniors \$38)

FOOT CARE NURSE

City of Barrie partnering with We Care Home Health Services

(Foot Specialist)
Parkview 55+ Centre
189 Blake St, Barrie, ON
705-728-6332

Or

Allandale 55+ Centre
190 Bayview Dr., Barrie, ON
705-737-0755
\$35

Super Feet

(Foot Specialist)
902 Lockhart Rd., Innisfil, ON
705-431-2104
Initial - \$39
After - \$29

**Note that some listed may have
Veteran's coverage or seniors discounts
that are not noted.**



FOOT CARE NURSE

Feet for Life

(Certified Foot Care Nurse)
130 Bell Farm Rd., Unit 7, Barrie, ON
705-812-2272
Initial - \$65
After - \$50

Professional Foot Care

(Certified Foot Care Nurse)
18 Sophia St. W, Barrie, ON
705-739-4333
In Office - \$40
Out of Office (Barrie) - \$50
Out of Area (Innisfil etc) - \$52
RVH visit - \$50 + parking fee

Sarahs Cents (Sarah Colbert)

(Certified Foot Care Nurse)
Mobile Services Only in Barrie and Area
705-792-4397
Initial - \$55
After - \$45

Walking Mobility

(Foot Care Nurse)
74 Cedar Pointe Dr., Barrie, ON
705-735-1013
Initial - \$45
After - \$38

VON Simcoe County

(RN or RPN)
14 Cedar Pointe Dr., Unit 1501, Barrie, ON
705-737-5044 x222
Initial - \$35
After - \$45

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