

Who we are....

Saint Elizabeth is an award-winning, not-for-profit charitable health care organization with a national presence. Since 1908, our mission has been to share our talent and wisdom to service the physical, emotional and spiritual needs of individuals and families in their homes and communities. In keeping with this ideal, we have become pioneers in the development of community healthcare. Inspired by our historic roots and traditional respect for human dignity, we strive to care with professional excellence and compassion.

Our services are flexible, convenient and customized to meet your needs and schedule.

Discover home and community care

If you or someone you love has health care needs you have options. To learn more about how Saint Elizabeth can help meet your needs, please email info@saintelizabeth.com or call **1.877.625.5567**

Certified by:



info@saintelizabeth.com
1.877.625.5567

Saint Elizabeth is a not-for-profit charitable health care organization providing quality service since 1908.

www.saintelizabeth.com



Foot Care Services
Care you can depend on

www.saintelizabeth.com

How we can help

At Saint Elizabeth, our goal is to make sure your feet stay healthy! Our team of nurses will make sure that if you need foot care, you will receive information on how to look after your feet and about additional community resources.

Receiving care in your home

Foot care is an important part of nursing care, which includes health promotion, patient education, and ensuring both safety and comfort. During a visit to your home, a nurse with specialized knowledge in foot care and treatment will assess your feet and provide education and information.

Foot care is especially important for people living with diabetes, who are vulnerable to nerve and vascular damage that can result in loss of protective sensation in their feet, poor circulation, and foot ulcers.

Am I covered?

We provide service through private insurance plans; on a fee-for-service basis. We are also a recognized provider through Veterans Affairs Canada.

When are services available?

Our services are flexible, convenient and customized to meet your needs and schedule.

Our ability to stay active and mobile is directly linked to the health of our feet. Foot ailments can become your first sign of more serious medical problems. Your feet mirror your general health, so conditions like arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in your feet.

Saint Elizabeth's team of certified foot care nurses provide:

- comprehensive annual foot examinations
- regularly scheduled foot care
- follow-up care and referrals as required
- clinic or home visits
- health and education to help you take charge of your foot care
- backed by 24/7 best practice clinical support

Foot Facts

- When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.
- Smoking is the biggest cause of peripheral vascular disease (disease of the foot and leg arteries), which often leads to pain, ulceration, infection, and, in the most severe cases, gangrene or amputation.
- Walking is the best exercise for your feet. It contributes to your general health by improving circulation and weight control.
- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- 1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.

