

## Clinic Locations:

### King Campus

Hemodialysis Clinic Room 1  
2757 King Street East  
Hamilton, Ontario  
L8G 5E4

### Charlton Campus

Level 4 Marian Wing  
50 Charlton Avenue East  
Hamilton, Ontario  
L8N 4A6

## Questions about your appointment?

If you have questions about your Best Foot Forward appointment, please call:  
**905-522-6887 ext. 2236**

If you have questions about your McQuistan Chiropody appointment, please call:  
**905-573-4817**

If you have questions about your Brantford appointment please call:  
**519-752-2888**

**Best Foot Forward  
Program is funded by:**



**Ontario**

Hamilton Niagara Haldimand Brant  
Local Health Integration Network

Réseau local d'intégration  
des services de santé de Hamilton  
Niagara Haldimand Brant

# Best Foot Forward Program

**Professional  
Foot and Nail Care  
Service**

**for Clients with Diabetes and  
Chronic Kidney Disease**

**St. Joseph's**  
Healthcare  **Hamilton**

## Keeping your feet healthy

### Did you know?

- 1 in 6 people with diabetes will get a foot ulcer
- Over 1 million amputations for diabetes related complications occur every year
- The risk of a lower limb amputation in people with diabetes and end stage kidney disease is 10 times higher than with diabetes alone
- Early recognition and management of risk factors can prevent or delay some of these problems



## Best Foot Forward Program

The Best Foot Forward Program is a team of nurses and chiropodists who have special training in foot care for people with diabetes. This team of health care professionals will help you keep your feet healthy.

The team can provide:

- Foot care and nail trimming
- Treatment for:
  - corns and calluses
  - thick or ingrown toe nails
  - fungal nails
  - skin infections
  - foot ulcers that do not involve bone



## Who can have foot care?

You are eligible for this funded program if you:

- have diabetes and chronic kidney disease
- are an out-patient
- are not able to manage your foot care safely
- are not able to pay for foot care services

A referral can be made by your kidney doctor or nurse. Let your doctor or nurse know that you would like to be referred to the Best Foot Forward Program.

Your referral information is entered into a database for the health care team to review. You then get a call with your appointment date, time and place.