

For the *best* foot health

NONPROFIT ORG.
U.S. POSTAGE
PAID
HARTFORD CT
PERMIT NO. 2655

- DO inspect the feet daily for blisters, cuts, and scratches. The use of a mirror can aid in seeing the bottom of the feet. Always check between the toes.
- DO wash your feet daily. Dry carefully, especially between the toes.
- DO avoid extremes of temperatures. Test water with hands or elbow before bathing. If feet feel cold at night wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
- DO inspect the inside of shoes daily for foreign objects, nail points, torn linings, and rough areas.
- DO treat dry feet using a very thin coat of cream applied over wet skin. Apply this after bathing and before drying the feet.
- DO wear properly fitting stockings. Do not wear mended stockings. Change stockings daily.
- DO make sure shoes are comfortable at the time of purchase. Do not depend on them to stretch out.
- DO take special precautions in winter. Wear wool socks and protective foot gear, such as fleecelined boots.

and remember

- DO NOT smoke.
- DO NOT walk on hot surfaces such as sandy beaches or the cement around swimming pools.
- DO NOT walk barefooted.
- DO NOT use chemical agents for the removal of corns and calluses.
- DO NOT use corn plasters.
- DO NOT wear shoes without stockings.
- DO NOT cut corns and calluses.

Your Primary Care Physician and your Podiatrist are your partners for your best foot health.



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Podiatry *your* Foot Care Department



Podiatry

is a field of medicine that strives to improve the overall health and well-being of patients by focusing on preventing, diagnosing, and treating conditions associated with the foot and ankle. Doctors of Podiatric Medicine (DPMs) are physicians and surgeons who practice on the lower extremities, primarily on feet and ankles. The preparatory education of most DPMs includes four years of undergraduate work, followed by four years in an accredited podiatric medical school, followed by a hospital-based residency. DPMs are licensed in all 50 states, the District of Columbia, and Puerto Rico to diagnose and treat the foot and its related or governing structures by medical, surgical, or other means. The vast majority of states also include ankle care as part of the podiatric physician's scope of practice. Your Podiatrist is educated at a Post Graduate accredited four year school of Podiatric Medicine.

Your Podiatrist is Board Certified by the American Board of Podiatric Surgery and the American Board of Podiatric Orthopedic and Podiatric Primary Care.

What should you expect:

- A comprehensive initial examination of your feet, legs and extremities.
- A detailed history of diseases and conditions which impact on the feeling and circulation in your feet and legs.
- A report to your Primary Care Practitioner.
- Options for your foot care.

We accept Medicare, Medicaid, SAGA and many other insurances. Speak with our Billing Department for details. We at CHS are committed to the better foot health of OUR community.

Primary Podiatric Care: At CHS we care for your feet. Primary foot care includes examination and treatment of your feet. It may include cutting of nails and trimming of calluses, recommending shoes, stockings or shoe inserts for your best foot health.

Diabetes care: People with Diabetes need special care to prevent ulcers and infections of the feet. Each visit your circulation is checked, and special attention is paid to the skin, the sensation, and nails. Your podiatrist may recommend special shoes or stockings, braces or even surgery. If you have problems with your diabetes, your podiatrist will work with your primary care provider to reduce pain and keep you functional. CHS participates in a National Diabetes Collaborative which brings together your Primary Care Physician (PCP), podiatrist and other specialties to insure the best in Diabetes care and management.

LEAP: Lower Extremity Amputation Prevention

Here at CHS we are committed to the best possible diabetic foot health. We test your sensation to prevent complications of Diabetes.



One stop:

To help our patients access the best in medical care, we also offer at CHS shoe fitting, stocking fitting and brace making as part of our Podiatry Department commitment to you.

Children's Foot Health:

Here at CHS we treat children's feet for rashes, for difficulty walking, for pains in the foot, the arch or with difficulty standing. We work with your Pediatrician for the best foot health.

Wound care:

At CHS we have some of the latest techniques in wound care. Part of our team includes infectious disease specialists who help with medication management for faster, safer healing.