

Supporting Patients with Diabetes

CPDMH is pleased to partner with the Champlain Diabetes Chiropractic Program to support people with diabetes. Every other week, chiropractor Alison Sue-Ping comes to Carleton Place to care for patients with diabetes who are having foot problems.

“These issues can lead to serious complications,” notes Nurse Manager Jennifer Lindsay. “We are pleased to offer this clinic close to home. It’s nice that our patients don’t have to travel to Ottawa for this care.”

“It can sneak up on you,” adds Alison. “Our goal is to keep any wounds healed and prevent them from coming back. We are able to take the time to educate patients about foot care and can recommend other services such as orthotics or better shoes. It’s very rewarding when I am able to heal a wound and make a client more comfortable.”

Alison works with hospital staff to provide the care. For example, if there is an infection, Alison can send the patient for an x-ray or consult with a family physician or dietitian.

“We are helping people to be active and independent longer,” sums up Alison. “It’s important that people with diabetes look after their feet. Once we identify something, we can deal with it.”

To access the service, patients with a diabetic wound or lesion need a referral from their family doctor.



- ◆ Check your feet on a daily basis for any changes. Look for blisters, cuts, scratches or other sores.
- ◆ Don’t pull any loose skin or use sharp instruments on your feet.
- ◆ Check shoes before you put them on to make sure there is nothing inside or stuck to the bottom.
- ◆ Apply cream to the top and bottom of your feet every day, but not between the toes.
- ◆ Check for redness, increased warmth, or tenderness when you touch an area of your foot.