

Our Chiropodists

Theeba Poopalasingham B.Sc. (Hons), D.Ch.

Theeba has an undergraduate honours Bachelor of Science degree from the University of Toronto and she graduated as a chiropodist from the Ontario program in 2006. Theeba is a licensed chiropodist registered with the College of Chiropodists in Ontario. She has worked with all patient age groups ranging from 4-month-old babies to 103-year-old seniors.

Jenny Huynh B.Sc. (Hons), D.Ch.

Jenny completed her chiropody studies at the Michener Institute of Education at UHN after graduating with an Honours Bachelor of Science degree from York University. She is a registered member of the College of Chiropodists of Ontario as well as a member of the Ontario Society of Chiropodists. Jenny is a dedicated practitioner who has a passion for the profession and enjoys being able to help her patients.

Hours of Operation

Sunday	8:00 am to 3:30 pm
Monday	8:00 am to 4:00 pm
Tuesday	8:00 am to 4:00 pm
Wednesday	8:00 am to 5:30 pm
Thursday	8:00 am to 5:30 pm

For an appointment, please call:

416.225.2112 ext. 131

Cancellation policy requires all cancellations to be made 24 hours in advance.

For inquires about the Chiropody Clinic please contact Katie Giles:

katieg@betelcentre.org

416.225.2112 ext. 126



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We gratefully acknowledge financial support for the various programs at Bernard Betel Centre from:



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Chiropody Clinic



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What is Chiropody?

The practice of Chiropody is the assessment of the foot and the treatment and prevention of diseases or disorders of the foot by therapeutic, surgical, orthotic and palliative means.

Chiropodists at Bernard Betel Centre provide dry foot care services, including:

- 🦶 Routine nail care
- 🦶 Reduction of corns and calluses
- 🦶 Management of ingrown nails
- 🦶 Foot care education

The clinic at the Bernard Betel Centre is offered to current members only. We do not provide services such as pedicures or nail polish application or removal.

At the present time, certain procedures that require a significant amount of time such as injections of local anesthetic and soft tissue surgeries are not offered at the clinic. If a patient require specialized care, our Chiropodists can refer patients to another clinic in the area. Return-to-clinic time is six to eight weeks depending on patient need and availability of appointments.



Diabetic Foot Care

Foot care is important for everyone, especially for someone diagnosed with diabetes. Diabetes can affect many organs and systems, such as the eyes (retinopathy), kidneys (nephropathy), blood circulation and the nervous system. The last two are associated with common foot problems in diabetic patients. First, damaged nerves in the feet can cause a loss of sensation making them more likely to get injured. Second, poor circulation reduces the bodies healing and natural disease fighting abilities, leading to infection or wounds that do not heal.

Caring For Your Feet

- 🦶 Wash your feet on a regular basis with mild soap and lukewarm water.
- 🦶 It is important to dry thoroughly between the toes after a shower using a clean towel. Due to lack of air circulation between toes, this area can remain moist leading to fungal infections.
- 🦶 Apply foot cream daily. When moisturizing, avoid getting cream in between the toes.

🦶 Soaking your foot is not advised. This can cause the skin to become dry and lose its normal elasticity making it prone to cracking which can lead to a bacterial infection.

🦶 Inspect your feet daily for cuts, irritation, blisters, temperature and change in colour. This could indicate infection, bruises, fractures, poor circulation, etc. If you notice anything unusual, contact your physician.

🦶 Nails should be cut straight across and filed. Only a trained professional such as a chiropodist or a podiatrist should remove ingrown nails. Avoid cutting corns and calluses yourself.

🦶 Wear footwear that is a proper fit. Wear shoes with extra depth, width and a good heel counter. Shoes are not something you should be breaking in, they should feel comfortable right away. Always wear socks. Choose white or tan-coloured seamless socks.

🦶 Always check the insides of your shoes before putting them on. This is important because there may be a piece of glass or another small item that may not be felt due to the lack of sensation that might be experienced in the feet.

