



Interprofessional Diabetic Foot Wound Healing Clinic



Did you know that approximately 15% of people living with diabetes will develop a foot ulcer at some point? According to the Canadian Diabetic Association, foot problems are a major cause of complications but successful management of foot ulcers can significantly improve quality of life for people with diabetes, their family & caregivers.

It is with that knowledge that SETFHT opened the first ever Interprofessional Diabetic Foot Wound Healing Clinic. This clinic will provide assessment and treatment of diabetic foot ulcers for people living in South East Toronto by an Interprofessional primary health care team.

When a patient comes to the clinic, he/she will have access to a Chiropodist, Registered Nurse, Registered Dietitian, Pharmacist, Care Navigator, a Mental Health/Addictions Counsellor and a Physician. To learn more about the Clinic please speak to any member of our team.

HOW TO PREPARE FOR A VISIT

One would not go grocery shopping without a list. Do the same for your next Doctor's visit. Write down all of your questions and bring them in with you.

Keep in mind your visit is only 15 minutes long. If you have a lot of questions and may require a longer appointment, let the booking staff know ahead of time.



Ask yourself questions like a Doctor:

- When did it start?
- How long does it last?
- Has there been any changes in your life?
- What was happening when it started?

If you are coming in to follow up about test results, call first to make sure that our office has them. Please also help us in making sure that we are up to date with any changes in your health and/or medications.

Help us help you and it should make your visit very productive. Instead of leaving the clinic worried that you may have missed something, you will leave knowing that you have spoken about all the concerns you have.

Your health is a team effort. If you are seeing any member of the team make sure you communicate any, and all, concerns that you have. Together we can make sure your questions are answered and your visit is a success.

What is a Nurse Practitioner?

A nurse practitioner (NP) is a registered nurse with advanced university education who provides personalized, quality health care to patients.



Marianne Surbeck

NPs work closely with the physicians in the practice and are able to diagnose, prescribe, treat and order tests for patients. Our NPs, Kim Gordon and Marianne Surbeck, also do physicals and well baby visits.

For those patients who have already met Marianne and Kim, they know the excellent care and education they can provide. We



are proud to have them as a part of our, and your, Family Health Team.

Kim Gordon

March is Nutrition Month

March is Nutrition Month all across Canada.

This year the focus is on highlighting foods that fuel your active lifestyle by providing nutrition and healthy eating tips on what to eat and drink before, during and after activity.



We all know that healthy eating and physical activity go hand and hand but sometimes it can be hard to be motivated to get started. To answer your nutritional questions, why not see one of our Registered Dietitians? They will be happy to speak to you about any of your nutritional questions or concerns. You can also visit the following sites for further information.

Dietitians of Canada:

- http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/index.asp

Heart and Stroke Foundation

- http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.3581583/k.F7E3/Heart_Disease_Stroke_and_Healthy_Living.htm