

# Questions to Ask Your Healthcare Professional



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**If you have diabetes, your foot health can change very quickly, especially if you have loss of sensation (neuropathy), changes in bone structure (deformity) or poor circulation (peripheral vascular disease).**

**Visiting your healthcare professional regularly is important to maintain healthy feet and also to spot any issues that may arise.**

## To make the most of these visits:

- Make a list of your concerns and bring it with you to discuss with your healthcare team.
- Show your healthcare professional your feet!
- Ask your healthcare professional the following three key questions:\*
  1. What is my main problem?
  2. What do I need to do?
  3. Why is it important for me to do this?
- Ask your healthcare professional to explain anything you do not understand.
- Keep asking for clarification until you are comfortable with what you need to do and why.
- Take notes, to help you remember the details discussed.
- If possible, bring a friend or family member with you to your appointment. Another person may think of additional helpful questions.

## Healthcare professionals can help you keep your feet as healthy as possible.

**Chiroprodists or Podiatrists:** Specialize in treating foot diseases, disorders and dysfunctions.

**Diabetes Educators:** Assist in diabetes management and provide education on diabetes, including foot care.

**Doctors:** Assist in diabetes management, and some have specialized training in foot care.

**Endocrinologists:** Treat diseases of the endocrine system, including diabetes.

**Neurologists:** Specialize in caring for nerve-related concerns (including neuropathy).

**Registered Nurses:** Assist in diabetes management, and some have special training in foot care.

**Orthotists/Prosthetists:** Specialize in orthotic and prosthetic devices.

**Canadian Certified Pedorthists:**

Specialize in orthotics, footwear and footwear modifications, and foot assessments.



**Occupational Therapists:** Some

occupational therapists have specialized training in footwear, footwear modifications and overall care of the diabetic foot.

**Physiotherapists:** Specialize in exercise programs to keep ankles and feet moving, and therapeutic walking programs to help patients compensate for poor blood flow.

**Registered Dietitians/Nutritionists:** Provide information about proper eating habits.

**Specialists:** In addition to the above-mentioned healthcare professionals, your doctor may also refer you to other specialists as needed.

For more information, please visit our *Diabetes, Healthy Feet and You* website:

[www.woundscanada.ca](http://www.woundscanada.ca)



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