

About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at wehc.on.ca to learn more about us.



**Call 519-768-1715
for more information
or to discuss your needs.**

West Elgin Community Health Centre

153 Main Street

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www.wehc.on.ca



Chiropody Services

Putting your best
feet forward



WECHC's interdisciplinary team includes a full time Chiropodist (a foot specialist), who can help manage and prevent diseases and disorders of the foot and lower limb.

Our Chiropodist can educate you about foot health, assist in managing foot disorders, assess, diagnose, prescribe, and carry out treatments related to your feet. Care is provided to patients of all ages with needs related to:

- Wound care
- Corns / calluses
- Ingrown toenails
- Flat feet/ high arches
- Athlete's foot/ warts/ fissures
- Minor surgical procedures
- Sport injuries
- Therapeutic treatments like venous compression, laser, ultrasound and sport taping
- Diabetic foot care
- Rheumatology
- Biomechanical assessment and gait analysis (the way you walk)
- Orthotics and walking casts
- Total Contact Casts

How it works

Chiropodists are Primary Care Providers. You do not need to have a referral, and you do not need to see a doctor or nurse practitioner at WECHC to access these services. The Chiropodist sees people of all ages and can help prevent future foot problems by keeping feet healthy.

To get an appointment with the Chiropodist at WECHC, you will need to fill out an application form. You can access this form on our website, or from reception staff at the Health Centre.

Next, you will be contacted to book an appointment. A first visit consists of an assessment and medical history. Based on these, you may be scheduled for a follow-up appointment, prescribed treatment, or referred to another service in the surrounding area. WECHC's Chiropodist cares for urgent or persistent health related problems. These services do not include simple nail care or grooming.

Assessments and most treatments are free, but items like orthotics and cast boots are billed at cost.

Why is foot health important?

Foot care is a life-long commitment. Foot disorders, infections and injuries can limit your mobility and have been linked to other health issues like lower backache, headaches, or a misaligned spine. Foot problems may also indicate more serious medical conditions like arthritis, diabetes, and nerve or circulatory disorders.

As most people are not born with foot problems, neglect and a lack of awareness of proper care – including proper footwear – are what bring on most problems. Some of the most common issues include corns or calluses, warts, blisters, athlete's foot and fissures.

Learn more about feet at podiatryinfocanada.ca/Public/Facts

