

Media Release

For immediate release

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Keeping feet healthy avoids amputations

London, Ont. – Approximately 200,000 Canadians, or 15 per cent of people with diabetes, will develop leg or foot ulcers in their lifetime as a consequence of their disease, with 14 to 24 per cent of them eventually requiring amputations. This is a tragic statistic given more than 50 per cent of these amputations could be prevented if those with diabetes knew how to prevent or manage their foot ulcers.

To reduce the prevalence of these amputations the Canadian Association of Wound Care (CAWC) is stepping up their awareness and public education campaign.

Through funding from the Public Health Agency of Canada, the CAWC developed a new website that is easy for those with diabetes and health care providers to navigate. It contains steps to take for healthy feet, contacts for foot care professionals, questionnaires and a wealth of other invaluable information every person living with diabetes should know.

The CAWC also created a brochure called *Diabetes, Healthy Feet and You* that incorporates easy-to-follow questions, pictures and suggestions to quickly pinpoint foot ulcers.

In creating the website and brochure, the CAWC brought together health care professionals from across Canada and conducted a focus group of Canadians living with diabetes. Kyle Goettl, nurse clinician in the amputee program at Parkwood Hospital, was one of the experts consulted on the project. "These are excellent tools for people with diabetes and for health care professionals," says Kyle. "By raising awareness about proper foot care we hope to reduce the suffering of patients and their families that results from limb amputations relating to diabetic foot ulcers."

To visit the website: www.cawc.net/diabetesandhealthyfeet

For a copy of the brochure call 416-485-2292 or e-mail healthyfeet@cawc.net

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For more information, please contact:

Anne Kay, Communication and Public Affairs
St. Joseph's Health Care, London
(519) 685-4292, ext. 42470, or pager 519-649-9238