



### Considerations for Diabetics

- ⌚ Diabetes is the leading cause of lower limb amputations in the U.S.
- ⌚ Diabetic neuropathy most often damages nerves in the legs and feet. Cuts and sores may go unnoticed and eventually become severe ulcerations and infections.
- ⌚ Check your feet daily for any cuts or bruises, cracked or peeling skin, redness and swelling.
- ⌚ After washing your feet, dry with a soft towel. Make sure to dry between the toes.
- ⌚ Moisturize legs and feet twice daily. Keep between toes dry.
- ⌚ Check inside your shoes daily for objects that can cause cuts and bruises.

### About Your Foot Care Nurse

Professional foot care is provided by Keren Yang, RN, BSN, CFCS. She is certified in foot and toenail care by the American Foot Care Nurses Association. Keren has been a nurse for 21 years.

### Services Provided at:

- ✓ Private Homes
- ✓ Senior Buildings
- ✓ Community Centers

For appointments, contact Keren:

**Phone:** 920-637-0754

**Email:** [lotusfootnurse@gmail.com](mailto:lotusfootnurse@gmail.com)

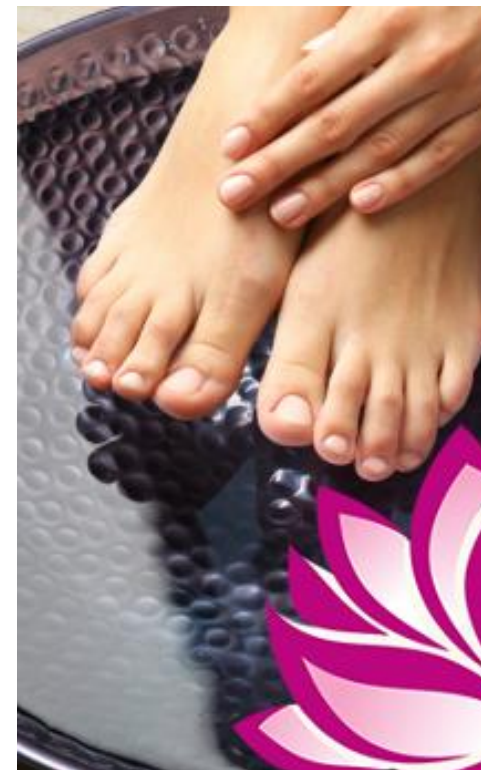
**Web:** [www.lotusfootnurse.com](http://www.lotusfootnurse.com)

### Foot Care Clinic Locations:



**LOTUS FOOT CARE, LLC**  
**LICENSED AND INSURED**

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# LOTUS FOOT CARE, LLC

*Expert Foot Care Right in  
Your Community*

## Mission

To provide quality foot and toenail care that is accessible and affordable right in your community.

## Affordable and Convenient

Competitively priced and affordable. Foot care provided throughout Northeast Wisconsin. Clinic and home visit appointments available. Services provided by appointment only.

## Caring for All Types of Feet



## Professional Foot Care is Ideal for Those Who:

- ✓ Have diabetes
- ✓ Have decreased sensations in the feet
- ✓ Cannot reach their feet or have poor vision
- ✓ Find it hard to give self-care due to conditions with nerves and muscles
- ✓ Have increased falls and accidents due to imbalance
- ✓ Find that toenails catch on sheets or socks
- ✓ Find it painful to walk due to thick overgrown toenails, calluses or corns
- ✓ Have toenails digging into skin
- ✓ Desire quality foot and toenail care between regular podiatric visits

## Professional Foot Care Service Includes:

- ✓ A thorough lower leg and foot assessment
- ✓ Trimming of toenails
- ✓ Reducing calluses and corns
- ✓ Thinning or debridement of thick toenails
- ✓ A warm foot soak
- ✓ A lower leg and foot massage with moisturizer
- ✓ Patient education
- ✓ Recommendations for foot gears and healthy footwear
- ✓ Referral to your primary care physician or podiatrist of your choice
- ✓ Accessibility of your foot care nurse by phone and/or e-mail for questions or concerns

