

Our Chiropodists

Theeba Poopalasingham B.Sc. (Hons), D.Ch.

Theeba has an undergraduate honours bachelors of science degree from the University of Toronto and she graduated as a chiropodist from the Ontario program in 2006. When Theeba is not working at the Betel Centre, she works for the Oakville Hospital Footcare Clinic. She has an interest in diabetic foot care and has lectured for the Halton Healthcare Diabetic Centre. Theeba has worked with all patient age groups ranging from 4 month old babies to 103 year-old seniors. Theeba continues to upgrade her education by taking courses throughout the year and also attending conferences provided by associations such as Ontario Society of Chiropodists and Canadian Association of Woundcare.

Christina Garcia B.Sc. (Hons), D.Ch.

Christina earned her honours Bachelor of Science undergraduate degree from the University of Toronto. She was then trained and educated in the field of chiropody at the Michener Institute for Applied Health Sciences. Christina is a licensed chiropodist registered with the College of Chiropodists of Ontario. In addition to working at The Betel Centre, Christina also works as a chiropodist out of a private clinic in Scarborough and at a retirement community in Pickering. She regularly participates in continuing education activities/events to upgrade her skills and knowledge in order to provide the best up-to-date care for her patients.

Hours of Operation

Tuesdays: 8:00 am to 4:00 pm
Wednesdays: 8:00 am to 4:00 pm
Thursdays: 8:30 am to 4:00 pm
Fridays: 8:00 am to 3:30 pm
Sundays: 9:00 am to 3:30 pm

For an appointment,
please call Ilona Rodos:

416.225.2112 ext. 131

***Cancellation Policy requires all cancellations
to be made 24 hours in advance.***

For inquires about the Chiropody Clinic or
other health and wellness programs,
please call Katie Giles:

416.225.2112 ext. 126



www.facebook.com/betelcentre



www.twitter.com/betelcentre

We gratefully acknowledge financial support for the
various programs at Bernard Betel Centre from:



Charitable number 11921 5697 RR0001

Chiropody Clinic



Bernard Betel Centre
1003 Steeles Avenue West
Toronto, Ontario M2R 3T6
www.betelcentre.org

What is Chiropody?

The practice of Chiropody is the assessment of the foot and the treatment and prevention of diseases or disorders of the foot by therapeutic, surgical, orthotic and palliative means.

Chiropodists at Bernard Betel Centre provide dry foot care services, including:

- 🦶 Routine nail care
- 🦶 Removal of corns & calluses
- 🦶 Removal of ingrown nails
- 🦶 Foot care education

The clinic at the Bernard Betel Centre is offered to current members only. We do not provide services such as pedicures or nail polish application or removal.

At the present time, certain procedures that require a significant amount of time such as custom foot orthotics, injections of local anesthetic and soft tissue surgeries are not offered at the clinic.

If clients require specialized care, our Chiropodists can refer clients to another clinic in the area.



Diabetic Foot Care

Foot care is important for everyone, especially for someone diagnosed with diabetes. Diabetes can affect many organs and systems, such as the eyes (retinopathy), kidneys (nephropathy), blood circulation and the nervous system. The last two are associated with common foot problems in diabetic patients. First, damaged nerves in the feet can cause a loss of sensation making them more likely to get injured. Second, poor circulation reduces the bodies healing and natural disease fighting abilities, leading to infection or wounds that do not heal.

Caring For Your Feet

- 🦶 Wash your feet on a regular basis with mild soap and lukewarm water.
- 🦶 It is important to dry thoroughly between the toes after a shower using a clean towel. Due to lack of air circulation between toes, this area can remain moist leading to fungal infections.
- 🦶 Apply foot cream daily. When moisturizing, avoid getting cream in between the toes.

🦶 Soaking your foot is not advised. This can cause the skin to become dry and lose its normal elasticity making it prone to cracking which can lead to a bacterial infection.

🦶 Inspect your feet daily for cuts, irritation, blisters, temperature and change in colour. This could indicate infection, bruises, fractures, poor circulation, etc. If you notice anything unusual, contact your physician.

🦶 Nails should be cut straight across and filed. Only a trained professional such as a chiropodist or a podiatrist should remove ingrown nails. Avoid cutting corns and calluses yourself.

🦶 Wear footwear that is a proper fit. Wear shoes with extra depth, width and a good heel counter. Shoes are not something you should be breaking in, they should feel comfortable right away. Always wear socks. Choose white or tan-coloured seamless socks.

🦶 Always check the insides of your shoes before putting them on. This is important because there may be a piece of glass or another small item that may not be felt due to the lack of sensation that might be experienced in the feet.

