



Hanne Owens, RN, BSN, CFCN  
**HEALTHY FEET are HAPPY FEET**  
*Comprehensive, Preventive, and Affordable*  
*Board-Certified Nursing Foot Care*  
*since 2000 in Tucson, Arizona*



Web-site [www.HFHF.us](http://www.HFHF.us) / E-mail [office@HFHF.us](mailto:office@HFHF.us)

**Call or Text (520) 579-4340 for Appointments**

**New Clinic Location:** 1690 N. Stone Ave. #107, Tucson, AZ, 85705.

**Home Service:** Residential, assisted-living, retirement homes; if time allows.

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*Not everybody can have beautiful and pain-free feet; but, why not try to make yours as comfortable and functional as possible. As a board-certified foot care nurse with experience since 1998, I have helped a lot of people in Tucson with safely clipping, cleaning, smoothing, and thinning their thick, curved, fungal, and ingrown nails. I have also removed a lot of painful corns and calluses.*

*Nursing foot care provides an affordable, comprehensive, and preventive service that will benefit you when insurance doesn't cover a visit to the podiatrist.*

*I look forward to helping your feet become as healthy and happy as they can be!*

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**Foot care for diabetics and other “high-risk” people when Medicare and other insurance don't cover the service; or for people who can't do it themselves.**

- **Clipping, cleaning, and filing nails for better nail health and comfort.**
- **Thinning and cleaning thick fungal nails to reduce pressure from shoes.**
- **Rounding ingrown nail corners to prevent painful infections.**
- **Removal of corns and calluses to increase comfort and to prevent ulcers.**
- **Use of foam-cleanser and lotion to clean and moisturize skin; and a light foot and lower-leg massage for comfort and increased venous flow.**
- **Assessment of skin, circulation, neuropathy, and foot wear to establish level of risk and to provide proper teaching for better self-care.**
- **Recommendation to see PCP, podiatrist, dermatologist, or pedorthist, if needed. Documentation will be provided for the new appointment.**
- **Gift certificates available. Please call in advance to make arrangements.**
- **Printable foot-health and body-health information from web-site.**
- **Excludes wound care, prescriptions, x-rays, labs, and surgeries.**

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*E-mail communication is not encrypted. Avoid disclosing personal and sensitive information.*