



NISQUALLY HEALTH DEPARTMENT PODIATRY CLINICS

Why is Diabetic Foot Care Important?

Proper care of the feet in people with diabetes can prevent complications. How do complications arise in diabetic feet?

High blood sugar can do damage to blood vessels, decreasing blood flow to the foot. This leads to weakening of the skin and poor wound healing.

Infections that are normally minor can become quite serious, invading the deep tissue and bone. Additionally, nerves supplying the feet can be damaged limiting the person's ability to feel pain in the affected area. Unaware of the damage taking place, the person does not properly attend to their wound.

Podiatry appointments help manage diabetes foot related complications and prevent amputations!

We provide:

- Diabetic foot exams
- Diabetes foot care education
- Information on foot care
- Advice and help with proper footwear

Call us if you have foot pain, develop or have foot wounds or sores, have questions regarding footwear, need a Diabetic foot exam, need foot and toe dressings changed, or for an annual foot exam.

2020

**Clinic dates with
Dr. Molina Kochhar:**

February 7 & 14

March 6 & 27

April 3 & 24

May 1

June 5 & 26

July 24

August 7

September 11 & 25

October 2

November 6 & 13

December 4

**Call the Clinic @
360.459.5312**

**to schedule an
appointment**