

# Podiatrist

## Deborah Behre, DMP

### Chehalis Tribal Wellness Center

Diabetic patients should have their feet checked by a Podiatrist at least once a year, even if you don't have any foot problems.

### *Prevention is the Key!*

- **Control Blood Sugar Levels**
- **Exercise Everyday**
- **Take Medication as Prescribed**

See a podiatrist annually for check ups, even if you don't have any foot problems.

Nerve and vascular damage often occur in diabetics causing:

- **Loss of sensation or feeling (Neuropathy)** — may not feel heat, cold, something in shoe, or pain from infection.
- **Poor blood flow, causes difficulty in healing** (risk for ulcers & gangrene)

#### **CHECK FEET EVERYDAY**

- Redness, sores, blisters, calluses
- Check for ingrown toenails
- Numbness or open sores
- Cold to the touch or change in temperature
- Loss of hair on toes and foot

#### **CLEAN FEET EVERYDAY**

- Wash with mild soap and **warm** water, not hot
- Dry well, especially between the toes
- Never soak your feet (could increase dryness)
- Lightly apply lotion or moisturizer to feet
- Never moisturize between toes
- Check toenails once a week, cut straight across
- Apply foot powder between toes.

#### **ALWAYS WEAR SHOES & SOCKS**

- To protect feet from hot, cold, and foreign objects
- Wear white natural fiber (cotton or wool) socks
- Soft, padded socks help avoid blisters & sores
- Socks with no seams are best
- The top band of socks should fit comfortably
- Wide, generous bands are often better
- Have shoes professionally fit
- Change shoes once a day to alter pressure points
- Check shoes daily for pebbles or foreign objects
- Put your feet up when sitting to decrease swelling
- Wiggle toes and move ankles periodically to increase blood flow
- Do not cross your legs for long periods
- Wear sturdy supportive shoes, that fit well and have a wide width and a deep toe box

Printed in U.S.A. WA25981

Deborah Behre will be here on

**7/12/22 1:00 pm—4:00pm**

**7/26/22 8:00 am—Noon**

**8/16/22 1:00 pm—4:00 pm**

**8/30/22 8:00 am—Noon**

**9/27/22 8:00 am to 4:00pm**

**10/18/22 8:00 am to 4:00 pm**

**Please call the Chehalis Tribal Wellness Center for an  
Appointment 360.273.5504**

If you would like to make an appointment to see her please call the  
CTWC at 360.273.5504

NOTICE: Information displayed on this flyer, in email or on our website calendar is subject to change without notice. Please refer to this flyer's contact person for the latest update.