

# Borgess Diabetes Center— Foot Care Program

Foot care is often a concern for those living with diabetes. That's why Borgess Center for Diabetes Care offers a foot care program to ensure that your feet remain as healthy as possible. Sue Gilbert, RN, BSN, CDE, CFCN, a certified foot care nurse, will do an examination of your feet and provide toenail care.

## On the Day of Your Exam

- Please wear comfortable shoes and socks that are easy to remove.
- If you are not already wearing them, please bring the shoes you wear daily so that wear pattern and their fit can be examined.
- You may want to wash your feet so that you will feel comfortable having them inspected.

## Your Visit Includes

- A monofilament exam for nerve sensitivity or insensitivity—looking for neuropathy
- Foot and nail inspection with pulse and circulation evaluation
- Footwear assessment
- Instruction in proper care of your feet to prevent diabetes complications
- Toenail trimming and filing as well as skin moisturizing
- Referral to podiatry or other appropriate services as indicated

## Contact Us

To make an appointment, please call **269.226.8321**.

Please allow one half hour for foot examination and care. The fee for the foot care program is \$25 and is due at the time of service. We accept cash and check.

## **BORGESS**

Diabetes Center

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