

PEDIATRICS

Pediatrics provides pediatricians trained in taking care of children and expertise in children's health to promote healthy physical, emotional, and social development: Call us to schedule well child checks, immunizations, physicals, or for fever lasting longer than three days.

- Well child checks
- Head start exams
- Childhood Immunizations
- Childhood exams
- Physicals
- Screening for cognitive, physical and development delays

Well child checkups

The American Academy of Pediatrics recommends that parents bring newborns to see their health care provider at 3-5 days old. After that, checkups should occur at the following ages:

By 1 month	9 months	2 years	Every year
2 months	12 months	2 1/2 years	until age 21
4 months	15 months	3 years	
6 months	18 months		



NISQUALLY TRIBAL HEALTH DEPARTMENT

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PEDIATRICS & PODIATRY

NISQUALLY TRIBAL HEALTH DEPARTMENT

PEDIATRICS

Fever can be dangerous

Call your pediatrician immediately if your child is less than 3 months old and has a fever, if your child's fever is over 105° F (40.6° C) or if your child looks or acts very sick.

Call your pediatrician within 24 hours if:

- Your child is 3 to 6 months old and has a fever
- The fever is between 104° and 105° F (40° to 40.6° C), especially if your child is less than 2 years old.
- Your child has had a fever more than 24 hours without an obvious cause of the location of infection.
- Your child has had a fever more than 3 days.
- The fever went away for more than 24 hours and then returned.
- You have any other concerns or questions.

Also, you should call or visit a health care provider any time your baby or child seems ill or whenever you are worried about your baby's health or development.

School physicals

Schedule a physical exam when your child or adolescent is getting ready for sports to promote health and safety on and off the field.

PODIATRY

Podiatry helps manage diabetes foot related complications and prevent amputations. We provide:

- Diabetes foot exams
- Information on foot care
- Diabetes foot care education
- 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, and for annual foot exams.

Diabetic Foot Care Tips from Elizabeth Siegel, ARNP

Proper care of the feet in people with diabetes can prevent complications leading to foot amputation. Unfortunately about 5% of people with diabetes eventually require amputation of a toe or foot; most of these could be prevented with good foot care.

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.

Here are some tips to help protect your feet.

- Check your feet on a daily basis for skin breaks, blisters, or redness. You may need a mirror for hard to see places.
- Wash your feet daily with warm (not hot) water, and apply moisturizing lotion as needed.
- Trim nails to the shape of the toe. Use a file on sharp edges, and never trim the cuticle.
- Quit smoking. Nicotine decreases blood flow to the feet, and has been shown to increase amputation risk.
- Avoid burns to the feet by testing the bath water. Also, be careful with hot water bottles or heating pads on your feet.
- Remind your health provider to do a yearly complete foot exam which includes testing for your ability to feel light touch.
- Work on keeping your diabetes in good control. This will reduce the incidence of foot problems related to diabetes.
- The Nisqually Tribal Clinic has a podiatrist available monthly for our diabetic clients with foot care needs. If you are diabetic, please come in for your diabetic check-up and foot exam.