

We visited the Diabetic Clinic today in Durango, Mexico
by Brian Paul Kaess

On Tuesday, November 25, 2025, Mayte and I drove about 5-6 miles into the city center from Las Villas and visited the Clinica de Diabetes in the Zona Hospitales near lovely Parque Guadiana in Durango, Mexico. It was a bright, sunny November day. Before hand, we had stopped off at Salud Digna, a private lab along Domingo Arrieta, to pick up my lab results that Dr. Arturo Flores Godines had ordered. At the clinic, my vital signs were pretty normal, with my weight at 90.5kg (199 lbs.). It was down over a kilo from last time. Dr. Flores was mentioning 'perfectamente' as he pointed to each of the lab result numbers, of which there were many. It seemed like he was pleased with the labs. My feet checked out ok too. I was feeling great and in good spirits- exercise seems to have stepped up my game. Gloria the pharmacist and her assistant gave me alot of meds (two months supply for the holidays), including some high-speed Sitagliptina tablets, but no Mupirocina ointment or Gabapentina capsules. Finally, Mayte sheduled my next appointment for late January 2026.

Afterwards, Mayte drove to a *Pasteleria* or something and also gave me a sweet roll, her usual routine after these appointments. It was a smooth ride home with gentle, mountain vistas lazily approaching us as we drove South. She ran her key card and we were in at Las Villas.