

DIABETES: Foot Care

ክንክን እግሪ



Shoes (ጫማታት)

- Always wear shoes and socks
ኩሉ ጊዜ ጫማን ካልሲን ግበሩ
- Change socks every day
ካልሲኹም አብ መዓልቲ-መዓልቲ ቀይሩዎ

- Choose Shoes that fit: one thumb space from toe to end of shoe

መጠንኩም ጫማ ምረጹ፡ አብ መንጎ አጻብዕኩምን ጫፍ ናይቲ ጫማን ከአ ሓንቲ አጻብዕ ዘእቲ ርሕቀት/ፍልልይ ክህሉ አሎዎ

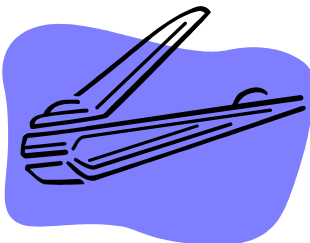
- Check inside of shoes for lumps or stones
አብቲ ውሽጢ ጫማ ሓባጥ ጎባጥን ጸጸርን ከይህሉ አጸርዩ

Skin (ቆርቦት ከብዲ እግሪ)

- Wash feet every day
አእጋርኩም አብ መዓልቲ-መዓልቲ ሕጸብዎ
- Use luke-warm water
ቁሩብ መቕኒ ዝበለ ማይ ጌርኩም ሕጸቡዎ
- Dry with towel, get between toes
ብሽጎማኖ ጌርኩም አንቅጽዎ፡ ነቲ አብ መንጎ አጻብዕ ዘሎ'ውን ከምኡ ግበሩ

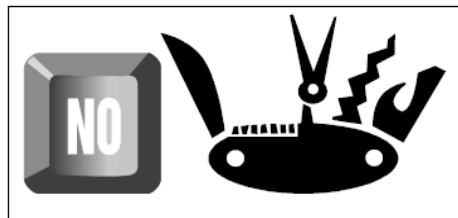


- Treat dry skin with lotion, but not between toes
ንዝደረቕ ቆርቦት ሎሽን ለኺኹም አተርክሱዎ፡ ነቲ አብ መንጎ አጻብዕ ዘሎ ግን ከይትገብሩሉ



Nails (አጸፍር ናይ አጻብዕ እግሪ)

- Trim straight across with clippers
ነቲ አጸፍር ብመቕኒ-ረጽ ጽፍሪ ጌርኩም ብአግድም ቀምቅሙዎ
- Do not use razor blades, knives, or scissors
ላማ፡ ካራ፡ ወይ መቕስ ከይትጥቀሙ



Corns & Calluses (ካሎታት ወይ ኮርንስ)

- Rub with dry towel or pumice stone
ብንቕጽ ሽጎማን ወይ መፋ-ሕፍሒ እምኒ ጌርኩም ፋ-ሕፍሕዎ
- Do not cut them off yourself
ብዋኒንኩም ክትቆርጽዎም ከይትፍትኑ

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