

DIABETES: Foot Care

Daily foot check

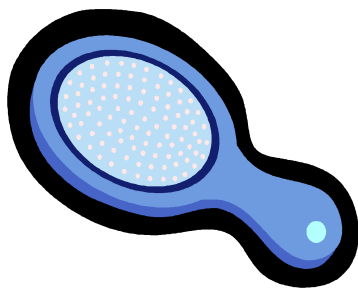
መዓልታዊ ናይ እግሪ ክንክን ምክትታል

- Check your feet every day
ታሕተዋይ ሸንክ እግርኹም ኣብ መዓልቲ-መዓልቲ ተኸታተልዎ/ ርኣይዎ

- Check top, bottom, and between toes
ላዕላዋይ ሸንክን፣ ከብዲ እግሪን፣ ኣብ መንጎ ኣጸብዕ እግርኹም ዘሎን ተዓዘብዎ/ርኣይዎ



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- Use a hand mirror
ናይ ኢድ መስትያት ተጠቐሙ

- Look for cuts, sores, blisters, cracks
ዝተሰንጠቐ ቆርቦት፣ ዝቐሰለ፣ ዝተላሕጸ፣ ነቓዓት ከይሉ ተመልከቱ

- See your doctor right away for
foot problems
ናይ እግሪ ጸገማት ምስ ዘጋጥመኹም ብቐጽብት ናብ ሓኪምኩም ከድኩም ተመርመሩ

- The sooner, the better!
ቀልጢፍኩም ምስ እትኸዱ ዝበለጸ ኢዩ



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