

# 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

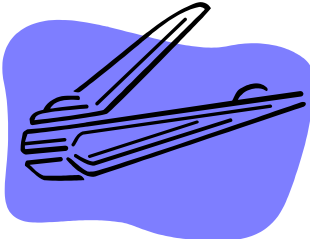
- Check inside of shoes for lumps or stones  
አብቲ ውሽጢ ጫማ ሓባጥ ጎባጥን ጸጸርን ከይህሉ አጸርዩ

### 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

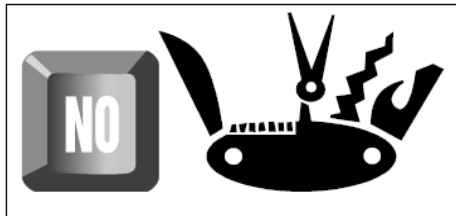


- Treat dry skin with lotion, but not between toes  
ንዝደረቐ ቆርቦት ሎሽን ለኺኹም አተርክሱዎ፡ ነቲ አብ መንጎ አጻብዕ ዘሎ ግን ከይትገብሩሉ



### 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 መቐስ 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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