DIABETES: Foot Care

Daily foot check

መዓልታዊ ናይ እግሪ ክንክን ምክትታል

- Check your feet every day

ታሕተዋይ ሸነኽ እግርኹም ኣብ መዓልቲ-መዓልቲ ተኽታተልዎ/ርኣይዎ

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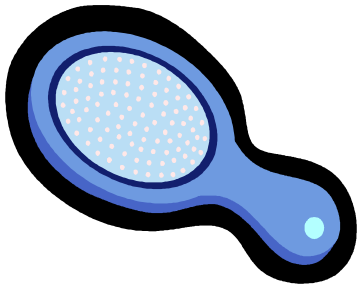
- Check top, bottom, and between toes

ላዕላዋይ ሸነኽን፡ ከብዲ እግሪን፡ ኣብ መንጎ ኣጻብዕ እግርኹም ዘሎን ተዓዘብዎ/ርኣይዎ



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- Use a hand mirror

ናይ ኢድ መስትያት ተጠቐሙ

- Look for cuts, sores, blisters, cracks

ዝተሰንጠቐ ቆርበት፡ ዝቖሰለ፡ ዝተላሕጸ፡ ነቓዓት ከይሉ ተመልከቱ

- See your doctor right away for foot problems

ናይ እግሪ ጸገማት ምስ ዘጋጥመኹም ብቐጽበት ናብ ሓኪምኩም ከድኩም ተመርመሩ

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- The sooner, the better!

ቀልጢፍኩም ምስ እትኽዱ ዝበለጸ ኢዩ

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