DIABETES: Foot Care
ለስኳር በሽተኞች የእግር ህመም ለመከላከል

Shoes

- Always wear shoes and socks
  ሁልጊዜ ጫማና ካልሲ ያድርጉ
- Change socks every day
  ካልሲ ቀን በቀን ይቀይሩ
- Choose Shoes that fit: one thumb space from toe to end of shoe
  ሰፋ ያለ ጫማ ያድርጉ

- Check inside of shoes for lumps or stones
  ጫማዎት ውስጥ ጠጠር ወይም ሌላ ጠጣር ነገር አለመኖሩን አረጋግጡ

Skin

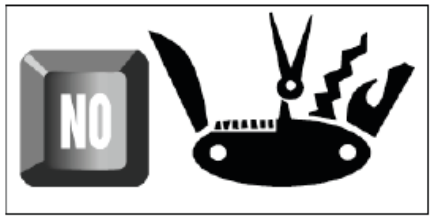
- Wash your feet every day
- Use luke-warm water
- Dry with towel, get between toes
- Treat dry skin with lotion, but not between toes
  እግርዎትን ቀን በቀን ሞቅ ባለ ውሃ ይታጠቡ። ከታጠቡ በኃላ በፎጣ በደንብ ያድርቁ፡ በጣቶችዎ መካከል ያለውን እርጥበት ያድርቁ። ካደረቁ በኃላ ከላይ እግርዎትን ቅባት (ሎሽን) ይቀቡት። በጣትዎት መካከል ቅባት (ሎሽን) አይቀቡ።

Nails

- Trim straight across with clippers
- Do not use razor blades, knives, or scissors
  ጥፍሮዎትን በጥንቃቄ በጥፍር መቁረጫ ይቁረጡ
  ምላጭ፣ ቢላዋ ወይንም መቀስ አይጠቀሙ

Corns & Calluses

- Rub with dry towel or pumice stone
- Do not cut them off yourself
  ከርንስ ወይም የደነደነ ቆዳ
  በደረቀ ፎጣ ወይም በሻካራ ጠጠር ይፈግፍጉት
  ለመቁረጥ ግን አይሞክሩ



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