



CONTACT NEMS 聯絡東北: 1-888-500-1886 WWW.NEMS.ORG

HOW DIABETES CAN HURT YOUR FEET


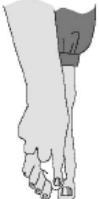


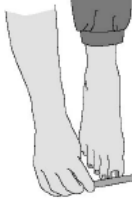




People with diabetes can develop serious problems with their feet that can affect how they walk and even lead to amputation. Diabetes nerve damage may cause you to no longer feel pain in your feet, and you may not realize you have a wound or injury that needs treatment. People with diabetes are more prone to getting infections and take them longer to heal.

WARNING SIGNS

If you have any of these symptoms, contact your health care provider or a podiatrist (foot doctor) right away.

- Your feet may tingle, burn, or hurt.
- You may lose sense of touch or not able to feel heat or cold very well.

HOW TO CARE FOR YOUR FEET

<p>1. Wash your feet daily with lukewarm water and soap.</p>	<p>2. Dry your feet well, especially between the toes.</p>	<p>3. Keep the skin supple with a moisturizing lotion (do not apply between toes).</p>
		
<p>4. Check often for blisters, cuts, or sores. Tell your doctor if you find something wrong.</p>	<p>5. Use an emery board to shape toenails even with the ends of your toes.</p>	<p>6. Wear clean, soft socks or stockings daily. Make sure you wear the correct size.</p>
		
<p>7. Keep your feet warm and dry. Always wear well fitting and padded shoes.</p>	<p>8. Do not go barefoot, indoor or outdoor.</p>	<p>9. Examine your shoes everyday for damage or debris (pebbles, nails, etc) that could injure your feet.</p>
		

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



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糖尿病如何傷害您的雙腳

糖尿病患者可能會出現嚴重的足部問題，影響行走甚至導致截肢。糖尿病引起的神經損傷可能會讓您的足部不再有痛感，腳上有傷口需要治療時，不能即時發現。

徵兆

如果您有以下任何症狀，請立刻聯絡您的醫生或足科醫生。

- 足部經常發麻、並有疼痛或燒灼感。
- 足部對冷或熱的溫度失去感覺。

如何照顧您的雙腳

<p>1. 每天用溫水和皂液洗腳。</p>	<p>2. 徹底擦乾雙腳，特別是腳趾之間。</p>	<p>3. 腳部皮膚抹上潤膚乳（避免腳趾之間）。</p>
		
<p>4. 經常檢查雙腳是否有水泡、割傷或潰瘍。如有問題，諮詢您的醫生。</p>	<p>5. 用磨甲板來磨平腳甲和腳甲兩側。</p>	<p>6. 每天更換乾淨和柔軟的襪子。確保襪子的大小適合您的雙腳。</p>
		
<p>7. 保持足部溫暖和乾燥。穿合適及加墊的鞋子。</p>	<p>8. 千萬不要赤腳，無論是室內還是室外。</p>	<p>9. 穿鞋前檢查鞋內是否有可能造成足部損傷的破損或碎片（例如小石子、釘子等）。</p>
		

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