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**Publication/Creation**

Kenya : Ministry of Health, [2000?]

**Persistent URL**

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MINISTRY OF HEALTH

# FOOT CARE

The most common complications of Diabetes is infection of the foot:



NEVER cut corns or use sharp objects on your feet



Dry feet well especially in between your toes



Check under your feet regularly



Avoid high shoes with no support



Avoid wearing tight socks



Wear comfortable well fitting flat shoes.



Kenya Diabetes Management and Information Centre

For more information on Diabetes contact your nearest health facility or Diabetes Management & Information Centre. Tel: 2718010/2733794



WORLD DIABETES FOUNDATION