

Foot complications related to diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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UTUNZAJI BORA WA MIGUU

Maambukizo ya miguu ni mojawapo ya madhara kuu inayosababishwa na ugonjwa wa kisukari



Usikate sagamba katika vidole vya miguu au kutumia kifaa chenye ncha kali kwenye miguu yako



Panguza miguu vyema kila inapopata maji haswa katikati ya vidole



Kagua nyayo zako kila mara



Usivae viatu vya juu



Usivae soksi zinazokaza miguu



Vaa viatu vya chini vinavyokutosha vyema



Kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya

Kwa maelezo zaidi kuhusu ugonjwa wa Kisukari tembelea kituo cha afya kilichoko karibu nawe au kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya.

Nambari ya simu: 2718010/2733794



TAASISI YA UGONJWA WA KISUKARI DUNIANI