

Tips for diabetic foot care

糖尿病足部照顧小秘訣-中英

Inspection 一、檢查

- 1.Thoroughly inspect your feet and toes in bright places to see if there are: blisters, redness, swelling, discoloration, cuts.
- 1.在明亮處徹底檢查你的足部、趾間，查看是否有：水泡、發紅、腫脹、變色、割傷。
2. If your vision is blurred and you can't see clearly, ask someone to help you check it.
- 2.如果視力模糊，看不清楚的話，要別人幫忙代為檢查。
3. Pay attention to dry skin areas and cracks.
- 3.注意皮膚乾燥區域和裂縫。

Cleaning 二、清潔

1. Use warm water every day (use your hands or elbows to test the water temperature to avoid burns) to clean your feet, and then carefully dry them with a clean towel, especially between the toes.
- 1.每天使用溫水（以雙手或手肘測試水溫，避免燙傷）清洗雙腳，再用乾淨的毛巾仔細擦乾，尤其是趾縫。
2. It can be applied with moisturizing lotion to keep the skin soft, but it cannot be applied between the toes.
- 2.可使用滋潤乳液塗抹，以保持皮膚柔軟，但趾縫間不能塗抹。

Toenail care 三、趾甲照護

1. Trim the toenails after bathing. After the bath, the toenails become soft and easier to trim.
- 1.洗澡後再修剪趾甲，洗澡後趾甲變軟較容易修剪。
2. When trimming the toenails, do not cut them too short. The toenails should be cut flat or trimmed along the contour of the toe. A sharp edge should be used to flatten the sharp edges to avoid cutting Lin into the toes.
- 2.修剪趾甲時不要剪得太短，趾甲應剪平的或順著腳趾輪廓修剪，應使用磨刀磨平尖銳邊緣，避免割傷鄰近腳趾。

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3. If the toenails cause inflammation, please seek professional medical care.

3.趾甲內長引起發炎時，請尋求專業醫護人員照護。

Skin care 四、皮膚照護

1. If you have corns on your feet or skin induration, please seek professional medical care. Do not use chemical induration removers or patches. These may damage the skin. Never use a blade to trim corns or crusty by yourself. , Avoid injury.

1.足部長雞眼或有皮膚硬結時，請尋求專業醫護人員照護，不要用化學性硬結去除劑或貼片，這些可能會傷害皮膚，也絕對不要用刀片自行修剪雞眼或硬皮，避免受傷。

2. Corns or indurations are often the result of foot pressure caused by unfit shoes. You can change shoes to improve.

2.雞眼或硬結常是因不合腳鞋子造成腳部壓力之結果，可以更換鞋子來獲得改善。

Shoes, socks select 五、鞋、襪選擇

1. Wear clean socks, socks should fit, be able to absorb sweat socks should be soft, elastic band not too tight, to avoid affecting the blood circulation; do not wear worn socks and shoes.

1.穿著乾淨的襪子，襪子要合腳，襪子要柔軟能吸汗，鬆緊帶不可太緊，避免影響血液循環；不要穿破損襪子及鞋子。

2. Do not walk barefoot even at home. You need to wear slippers. You need to wear shoes and socks at any time when you go out.

2.即使在家也不要赤腳走路，需穿著拖鞋，外出時則需隨時穿著鞋襪。

3. Before putting on shoes, check whether there are any foreign objects in the shoes and choose soft-skin, breathable, low-heeled shoes. Do not wear high-heeled or too sharp or tight shoes.

3.穿鞋之前應先檢查鞋內是否有異物並選擇皮軟透氣、低跟的鞋子，不要穿高跟或太尖、太緊的鞋子。

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4. Buy shoes at night, because the feet will swell and become bigger at night after daytime activities.
- 4.在晚上買鞋，因為白天活動後晚上腳會腫脹變大。
5. When wearing new shoes, wear them for 1 to 2 hours a day for a short period of time, and observe whether there is any unfitness. If there is no unfitness, slowly increase the daily wear time.
- 5.穿新鞋時每天短暫穿 1~2 小時，觀察是否有不合腳情形，若無不合腳情形，再慢慢增加每天穿的時間。
6. Avoid wearing pointed shoes and flip-flop sandals.
- 6.避免穿尖頭鞋及夾腳涼鞋。

Foot blood circulation 六、足部血液循環

1. Avoid exposure to too cold environments. You can wear woolen socks to sleep in severe cold in winter. Do not use hot water bottles or electric blankets to prevent burns.
- 1.避免暴露於太寒冷環境中，冬季嚴寒時可穿毛襪睡覺，切勿使用熱水袋或電熱毯以防燙傷。
2. Avoid crossing your legs or sitting cross-legged (because it will oppress the blood vessels in your feet and reduce blood circulation in the lower limbs), sit still for too long, and get up and exercise at least every hour.
- 2.避免兩腿交叉或盤坐（因會壓迫腳部血管，減少下肢血液循環），不可持續靜坐太久，至少每隔一小時要起來活動。
3. Do not smoke (including electronic cigarettes), because smoking will promote arteriosclerosis and reduce blood circulation in the lower limbs.
- 3.不可以抽菸（含電子煙），因為抽菸會促使動脈硬化，減少下肢血液循環。
4. Proper foot exercise or massage can promote blood circulation.
- 4.適當的足部運動或按摩，可以促進血液循環。