

# Sonkorowga iyo Cagtaada

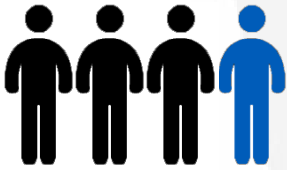
(Diabetes and Your Feet)



Ha baaro cagtaada xirfadle caafimaad ugu yaraan hal mar sannadkii.

Ha hilmaamin inaad iska bixiso kabahaaga iyo sigisaamahaaga markaad timaado!

## Sabab?



1 ka mid ah 4 qof ee qabta sonkorowga waxaa ku dhaco boogaha cagaha (nabarro) kuwaasoo keeni kara dhibaatooyin halis ah, sida goynta xubinta.



Sonkorowga wuxuu dhaawac u geystaa neerfaha cagahaaga iyo lugahaaga, markaa waxaa laga yaabaa inaad dareemin nabarro kugu dhasho.

## Ka eeg cagtaada maalin kasta isbeddalada ama dhaawaca

Booqo xirfadle caafimaad haddii aad isku aragto nabar ama dhaawac. Boogaha cagaha waxaa sababi kara dhaawacyada fudud. Boogo badan ayaa lagaga hortagi karaa daryeelka cagaha ee joogtada ah iyo xirashada kabo habboon.