

My Daily Commitment

Every day I will control my blood sugar and...



LOOK at my feet

- Check that my toenails are trimmed straight across and well cared for.
- Check the tops, bottoms, heels of my feet and between my toes for hard skin, sores, cracks or blisters.
- Check for any change in colour – NO PART of my toes or feet should be red, blue or black.
- Check my feet and toes for any changes in shape.



FEEL my feet

- Feel for roughness, calluses or cracks.
- Apply cream on the tops and bottoms of my feet, but not between my toes.



I will check my feet every day for any changes or signs of injury. If I find any changes, I will contact my health-care professional or my wound care team TODAY.



CHECK my shoes & socks

- Shake out my shoes and check the insides to make sure they are smooth and do not contain foreign objects before I put them on.
- Wear supportive shoes and seamless socks inside and outside the house.