To Do List for Vascular Health

Check each item when completed.	By when:
Use suggested foot care tips from my health care provider and put it where I will see it every day.	
Get a pair of nail clippers, an emery board and a pumice stone.	
Buy soft cotton or wool socks.	
Buy a pair of shoes that fit well and cover my feet. Give or throw away shoes that don't fit or have become worn.	
Place slippers beside my bed to wear when I get out of bed.	
Get a mirror to help me see the bottoms of my feet.	
Ask for help from a family member or caregiver if I can't see my feet or need help with compression socks.	
Check and record my blood pressure often. Bring this record to my doctor appointments.	
Ask my health care provider how often I should have my lipid panel checked.	
If I have diabetes, monitor my blood glucose as directed by my health care provider. Record and bring this record to my appointments.	
□ Stop smoking and/or using tobacco products.	
Plan my physical activity and vascular walking program with my health care provider.	
Keep my next appointment.	

