To Do List for Vascular Health

Check each item when completed.

☐ 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.

By when:

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