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.

**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.

I will check my feet every day for any changes or signs of injury. If I find any changes, I will contact my Healthcare Professional or my Wound Care Team TODAY.

For more information please visit: www.woundscanada.ca