



# 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 doctor how often I should have my lipid panel checked.
- If I have diabetes, monitor my blood sugar as directed by my doctor. Record and bring this record to my doctor appointments.
- Stop smoking and/or using tobacco products.
- Plan my physical activity and vascular walking program with my doctor.
- Keep my next doctor's appointment.

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