



IDHC
Thanks
You

Making Time for Your Feet!

Daily Foot Care Self-Inspection and Foot Hygiene Tools

Checking, cleaning and caring for your feet help prevent complications and foot injury. The IDHC replenishing kit contents listed below are items used in your daily self-inspection and foot hygiene routine.

- 1. Mini First Aid Kit** To clean and protect any breakage of skin (daily on skin concerns). If there are no signs of healing within 24 to 48 hours, book an appointment with a health professional
- 2. Mild, Unscented Soap** Use daily when cleaning feet. Ensure you wash in-between toes, the soles of your feet and under your toenails



- 3. Handled Nail Brush** Use to help clean and whisk away debris under toenails
- 4. Foot File** Use on calluses. Use on wet feet in one direction for 30 seconds only. This tool helps skin stay soft and strong
- 5. Foot Cream** Use daily on tops and bottoms of feet to keep feet moisturized, help prevent dryness and cracks,
*“Cedar is a sacred Indigenous detoxifying medicine used for clearing negative energy”
Esstin Mcleod*
- 6. Pen** Use to document your follow-up appointment with your health care provider



Keep on Checking!

Check Your Blood Glucose (Sugar) Levels Regularly

Normal Blood Glucose Range

- Fasting and before meals: 4.0 to 7.0 mmol/L
- 2 hours after meals: 5.0 to 10.0 mmol/L

Check Footwear Before You Buy!

Characteristics of Proper Footwear

- A well-fitting soft leather shoe, boot or trainer with a low, wide stable heel
- Fastened with a lace, Velcro or a strap to help keep feet firmly in place
- Long enough, deep enough and wide enough for foot comfort
- Comfortable and closed (shoes or moccasins) for safe feet when indoors

Websites to Check for More Information

- <https://www.diabetes.ca/managing-my-diabetes/tools---resources/managing-your-blood-sugar>
- <https://www.rdash.nhs.uk/wp-content/uploads/2014/03/Footwear-advice-for-people-with-diabetes.pdf>

If you would like to get involved and learn more, connect with us and we will walk together in preventive footcare!

Lindsey Cosh, B.A. BC, Foot Care Program Coordinator
fcc@idhc.life or C. 289-668-0551 or T. 1-888-514-1370 x108 or T. 705-222-1370 x201



Healthy
Feet Are
Happy Feet

