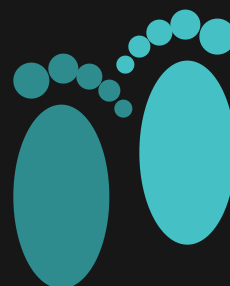




THE 2-MINUTE DAILY FOOT CHECK

A simple morning routine to help you, or someone you love, stay on your own two feet.

[Free guide](#)



From Cape Mohair, makers of the Diabetic Medical Sock, endorsed by Diabetes South Africa. capemohair.co.za

THE PROBLEMS THAT MATTER MOST ARE THE ONES YOU CAN'T FEEL

Diabetes can quietly dull the feeling in your feet. When that happens, a rub, a blister or a small cut can go unnoticed, because it doesn't hurt the way it used to.

That's why foot trouble with diabetes so often starts where you can't feel it. It's also why international foot-care guidelines advise people with diabetes who are at risk to check their feet every day.

In one Gauteng study of people with diabetes at public clinics:

1 in 3

showed signs of nerve damage in their feet

1 in 10

had ever had a foot assessment

About 2.3 million South African adults live with diabetes, and about 7 in 10 of them don't know it yet.

The good news is that a daily check takes about two minutes, and it's in your hands. Your doctor might look at your feet once a year. You see them every day.

Protect before you feel it.

Try the Red Ring Test tonight

When you take your socks off tonight, look at your lower legs.

- A faint line that fades quickly is normal.
- Deep red rings or dents that stay can mean your socks are too tight, or that your legs are swollen.

If you have diabetes and notice swelling, get it checked.

If your socks leave marks you can see, what are they doing that you can't feel?

THE 2-MINUTE DAILY FOOT CHECK

Every day, at the same time. Before your socks go on in the morning is easiest.

- 1** Sit down in good light. A chair by a window, or your phone's torch.
- 2** Look everywhere. Tops, soles, heels, and between every toe.
- 3** Look for changes.
 - cuts, scratches, blisters, cracks or sores
 - bleeding under hard skin
 - swelling, or a change in shape
 - nail changes
 - new colour: redness, or on darker skin, darker patches
- 4** Feel. Run your hands over both feet. Is one foot, or one spot, hotter or colder than usual? Any new pain?
- 5** Can't see your soles? Use a hand mirror while you sit (an unbreakable one is safest), or ask someone to look for you.
- 6** Check your socks and shoes. Look at yesterday's socks for spots or stains. Feel inside your shoes for stones, rough edges or anything sharp.
- 7** Dress your feet. A clean pair of socks every day, with no tight tops or rough seams. Then shoes that fit. Never walk barefoot or in socks only, indoors or out.

That's it. Two minutes.

WHEN TO ACT

Emergency: call 10177, or 112 from a cell phone

- A foot problem together with a fever, shivering or feeling very unwell.

See a doctor or nurse today

- A red, hot or swollen foot or ankle.
- A new blister, cut or break in the skin, especially one you didn't feel.
- A wound that smells or leaks.
- A change in the shape of the foot.
- New pain you can't explain.

Book an appointment this week

- Dry, cracked skin.
- Thick or discoloured nails.
- Athlete's foot.
- New tingling or numbness.

At least once a year

- A professional foot check by your doctor, clinic or podiatrist. More often if you've been told you're at higher risk.

Good foot habits

- Wash your feet every day in lukewarm water, below 37°C.
- Dry them well, especially between the toes.
- Moisturise dry skin, but not between the toes.
- Cut toenails straight across.
- No corn plasters, and no heaters or hot-water bottles on your feet.
- Wear shoes that fit, about 1 to 2 cm longer than your foot on the inside.

THE MORNING COFFEE ROUTINE

Getting someone to look after their feet can feel like nagging. This makes it easy.

- 1** Tie it to something they already do. Morning coffee, or just before their shoes go on.
- 2** Do it together, at least at first. You hold the torch, they show you their feet.
- 3** Keep it light. It's two minutes, not an inspection.
- 4** Lay out a clean pair of socks the night before. Then there's no reason to wear yesterday's.
- 5** Tick it off. Stick the weekly chart (last page) on the fridge.

Remember: they might not feel a problem. That's exactly why you look.

What to put on your feet

International foot-care guidelines recommend socks that:

- have no tight tops
- have no seams, or have them on the outside
- are made of natural materials
- are changed every day

And always wear socks with shoes.

MADE FOR THIS ROUTINE

Endorsed by Diabetes South Africa

We've been making mohair socks in Cape Town since 1991. Every pair of our Diabetic Medical Sock has:

- a non-restrictive top, so there's no elastic biting into the calf and no pressure marks
- a graduated, extra-stretch ribbed leg that holds the sock up without hindering circulation
- a seamless toe, so nothing rubs across the toes
- a fully cushioned mohair footbed for absorption and pressure protection
- blister resistance, thanks to the smooth surface of the mohair fibre
- 30% South African mohair with bamboo and wool, to keep feet dry, warm in winter and cool in summer

THE DAILY FOOT CARE KIT

Three pairs: one to wear, one in the wash and one spare, so there's a clean pair every morning.

R795 with free delivery. That's R265 a pair.

Our Stays-Up Promise. Wear them for 30 days. If they slide down or don't suit you, we'll send a different size free or refund you in full. Your choice.

[Get yours at capemohair.co.za](https://capemohair.co.za)

MY WEEKLY FOOT CHECK

Each morning	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Looked at tops, soles, heels and between the toes	☐	☐	☐	☐	☐	☐	☐
Felt for heat, cold or new pain	☐	☐	☐	☐	☐	☐	☐
Checked yesterday's socks and today's shoes	☐	☐	☐	☐	☐	☐	☐
Clean socks on, then shoes	☐	☐	☐	☐	☐	☐	☐
Anything to report?							

See a doctor or nurse today if you find: a red, hot or swollen foot, a new blister, cut or wound, or a change in shape.

This guide is general information. It doesn't replace advice from your doctor, nurse or podiatrist.
Sources: IWGDF Practical Guidelines 2023; Diabetes UK; CDC; American Diabetes Association Standards of Care 2026; NHS; IDF Diabetes Atlas, 11th edition (2025); Ntuli, IJERPH 2025 (Gauteng study).
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