

Comprehensive Diabetic Foot Exam (CDFE)

CDFE is a detailed, annual physical examination of your feet, combined with an educational and counseling session, performed on people with diabetes.

Why is it so important?

Nerve damage, poor circulation and trouble fighting infections, can make foot problems very serious for people with diabetes. The goal of the CDFE is to identify any changes in your feet, prevent problems and reduce the risk of amputations.



How Diabetes Can Affect the Feet

- **Diabetic neuropathy.** Because of the abnormal increase of blood sugar, nerves that supply sensation to the feet can be damaged. This decreases the feeling of pain in the feet.
- **Diabetic vasculopathy.** Diabetes can affect the blood vessels of the feet, causing them to narrow, and reduce blood flow to the feet.
- **Structural changes.** If the foot receives less nutrients and oxygen, the bones and joints will weaken, causing the foot to flatten or toes to curl, creating new pressure areas that could cause the skin to break down.

Why Should You Be Concerned?

Patients with diabetes are more likely than others to have problems with their feet. The American Diabetes Association reports that the amputation rate is 10 times higher in persons with diabetes, but these rates can be decreased 45-85% with a comprehensive foot care program.

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Some Facts You Should Know.



To all our patients:

- **Did you know that foot problems are a leading cause of infection in a diabetic?**
- **20% of all diabetics admitted to the hospital, are admitted for foot infections**

The American Diabetes Association's "2010 Standards of Medical Care in Diabetes" statement on diabetic foot care "requires" an annual comprehensive diabetic foot examination to assess all lower extremity risk factors. To provide you with the best possible diabetic foot care, we are instituting these recommendations into our practice, effective immediately.

We are advising all of our patients with diabetes to schedule a Comprehensive Diabetic Foot Exam (CDFE), so that we can perform the necessary non-invasive testing examination to meet these requirements. (This exam should only take about 15-20 minutes)

This exam will *not include* the treatment of corns, calluses or nails.

Please remember to bring with you a list of all prescription medications that you are taking, and any shoes/insoles that have been provided through the Medicare Therapeutic Shoe Program. If you are not part of this program, please bring in shoes that you would typically wear.

You should of course continue to be monitored by your primary care physician, as your condition warrants, and as always, we will coordinate your foot care with your regular physician.

Thank you...

Jerold Fleishman, D.P.M. ▪ Timothy Downs, D.P.M. ▪ Caroline Gauthier, D.P.M. ▪ Cathy Coker, D.P.M.

