



Comprehensive Diabetic Foot Exam (CDFE)

What is a Comprehensive Diabetic Foot Exam?

A Comprehensive Diabetic Foot Exam (CDFE) is an annual physical exam of the feet that combines education and counseling for diabetic patients. The purpose of a CDFE is to identify any changes in your feet to prevent problems and reduce the risk of amputations. During this visit, a diabetic patient may also choose to be fitted for their diabetic shoes.

Who Should Receive a Comprehensive Diabetic Foot Exam?

All diabetic patients should have a CDFE exam performed by one of our doctors at least on an annual basis. Many insurance companies require it.

What Happens at The Exam?

During the exam, the patient's feet are examined for any deformities, skin changes, ulcers or calluses. The doctor will also be evaluating the feet for any loss of sensation (neuropathy) or circulation problems. The patient's feet will then be sized, using a Brannock Device to ascertain a base size. This is done by measuring heel to toe length, width length and arch length. To view the pressure areas of your feet, a Harris mat impression will be performed. The exam will conclude with the patient and podiatrist discussing the next steps. If a custom insert is needed, a foam box impression of your feet may also be taken. The entire exam is completed within 15 to 20 minutes.

What are Diabetic Shoes?

Diabetic footwear has gained a reputation of resembling "Frankenstein" shoes. No longer the case today, many companies specialize in making diabetic footwear that rivals many conventional shoe styles in appearance. Although they are not a must-have accessory, diabetic shoes can be the answer to many ailments caused by wearing chic footwear. For that matter, diabetic shoes are now becoming no more conspicuous than any other ordinary shoe. By wearing diabetic shoes, the patient has the potential to prevent ulcers or infections. These shoes can be obtained only by prescription, and your doctor will want to be certain that you have the proper pair for your feet. You cannot just drive over to your local shoe outlet and pick up a pair of diabetic shoes and expect optimal results.

It is imperative that you consult your doctor to determine what type of diabetic shoe is best suited for you. At Advanced Regional Center for Ankle and Foot Care, we schedule our patients for routine check-ups and routine foot care. Diabetic patients are seen annually for their CDFE's and are encouraged to choose the diabetic shoes that are the right for them.

Contact our office to set up your comprehensive diabetic foot exam to help prevent problems from occurring. Not only are our podiatrists experts in treatment of diabetic patients, our on-staff pedorthists have years of experience in fitting and modifying shoes for diabetic patients.

GETTING PEOPLE BACK ON THEIR FEET SINCE 1983