

## What is a Comprehensive Diabetic Foot Exam (CDFE)?

The CDFE is a thorough examination of your feet to determine the risk of developing a serious wound that could lead to infection and/or amputation. During the visit, your podiatrist will check for changes in sensory perception (feeling), circulation, and orthopedic or structural changes. Based on the findings, appropriate care and instruction will be provided for in-home care and monitoring.

The CDFE can also determine if you qualify for diabetic or therapeutic shoes. As an extra preventative measure, you may receive a prescription for diabetic footwear and insoles, which may be covered by **Medicare's Therapeutic Shoe Program**. If so, you will be properly fitted for your diabetic footwear to ensure better foot health.

## How do I qualify for coverage under Medicare's Therapeutic Shoe program?

The results from your CDFE are major factors in determining your eligibility to receive Medicare coverage for diabetic footwear. Your physician will need to provide the documentation and a prescription needed to obtain approval for your diabetic shoes. Upon selecting your shoes, SafeStep®, a supplier of diabetic shoes and devices will work with your podiatrist and doctor to expedite the paperwork through the approval process.



SSCDFE

ohi

**safestep**<sup>™</sup>  
PREVENTION PAYS

— An OHI Company —

2905 VETERANS MEMORIAL HIGHWAY, SUITE 2  
RONKONKOMA, NY, 11779  
866.712.STEP (7837)  
SAFESTEP.NET

— The OHI Family of Brands —



Foot Health  
and  
Diabetes



## What symptoms of diabetes put me at greater risk for developing foot problems?

- Poor circulation slows the healing process, causing scratches and cuts to become prone to infection
- Lack of feeling can make most sores, cuts and blisters unnoticeable
- Blisters and calluses can result from improperly fit shoes. This is dangerous because if not addressed, they can develop into infected wounds
- Dry skin, on your feet can become cracked and may lead to open sores that are difficult to heal

## As a person with diabetes, how should I care for and protect my feet?

*You need to be aware of what to look for in order to care for your feet and maintain foot health. "Prevention Pays" and here are ways to care for your feet:*

- Wash and clean your feet daily
- Check your feet (or have someone else do it) every day (look for breaks in the skin, abrasions, sores, callouses or color changes)
- Do not trim your toenails yourself – keep regular appointments with your podiatrist
- Wear properly fitted shoes (your feet may become larger or arthritic as you age)
- Schedule an annual foot exam with your podiatrist to perform a CDFE (Comprehensive Diabetic Foot Exam)

## With diabetes, your feet are at risk for complications that may lead to amputation!

Treatment and referral to a podiatrist can reduce amputation rates related to diabetes by 45-85%:

Maintain a comprehensive foot care program that includes an annual CDFE with risk assessment, foot care education and preventive therapy:

- Only wear podiatrist prescribed shoes and insoles
- Check your feet every day

### Shoe guide and selection

SafeStep features a variety of shoe manufacturers to best fit active lifestyles, while ensuring optimal protection and comfort. Visit [SafeStep.net](http://SafeStep.net) to browse our entire footwear selection, where you can search by brand and style. Always be sure to have your feet properly measured before ordering.

*Maintain foot health through prevention, care and monitoring.  
Start today with a podiatric foot exam appointment.*

#### MEN'S



Apex Lace Walker  
X801M



New Balance 813 Lace



New Balance Black  
813 Velcro



Apex Bolt  
A7000M



Orthofeet Baton Rouge  
427



HushPuppies Gil  
H18800



Apex Lexington Cap Toe  
LT610M



SureFit Calgary Boot  
S225-I

#### WOMEN'S



Apex Strap Walker  
V952W



New Balance  
W1540SG2



Apex Sierra Runner  
V752W



Apex Lisa Mary Jane  
A330W



Apex Emmy  
A720W



Orthofeet Chatanooga  
851



Apex Linda  
A832W



Orthofeet Chelsea  
817