

A Word to the Wise:

MOISTURIZE!

The skin is the largest organ of the human body and is our primary protection against excess cold, heat, wind, sun and infections.



More than 25% of people with diabetes have experienced some kind of skin problem.



Skin complications of diabetes include boils, abscesses, fungal and other infections, very dry skin and nails, redness, itching and “fissures” or cracks.



Yellowish brown lesions may appear when diabetes is uncontrolled (they disappear when blood sugar is brought under control).



Both men and women with diabetes need to pay special attention to their skin.



Bathe in lukewarm rather than hot water to prevent moisture loss from the heat.



Don't use deodorant soaps, which deplete the skin surface of natural oils—use gentle, moistening soaps instead.



Apply moisturizing creams, lotions or oils immediately after bathing and while skin is not completely dry, as this will help replenish natural oils and seal in moisture—apply a sunscreen before going outside.



Check your skin frequently and call your doctor if you notice any unusual discolorations or spots on your skin.

For more information about diabetes and skin...ask your pharmacist!

Brought to you by your local pharmacist and prepared by the Michigan Pharmacists Association.

