

SKIN MANIFESTATIONS OF INTERNAL DISEASE

## AVOIDING SKIN LESIONS PROGRESSIONS: THE IMPORTANCE OF SKIN HYDRATION IN DIABETIC PATIENTS

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**Introduction:** Skin disorders are common complications in diabetic (DM) patients, with a prevalence varied from 51 to 97%, but are usually neglected and underdiagnosed. Xerosis and skin infections have the higher prevalence (40%) and are related with the diseases control. The lack of diagnosis of early-stage skin disorders in DM can lead to clinical worsening and progression.

**Objective:** A single-center, blind and non-comparative study evaluate the tolerance and efficacy of emollients products, without urea (liquid soap, lotion and cream) for diabetic patients.

**Materials and Methods:** After Ethical Committee Approval, 33 diabetic patients applied liquid soap during bath, lotion moisturizer short after that, and cream emolient once a day in the whole body for 28 days. At the inclusion and at the end of the study, the safety and efficacy were evaluated by a dermatologist. Biophysical characteristics of the skin was assessed using a corneometer, transepidermal water loss was determined using tewameter and a subjective questionnaire was applied.

**Results:** Products were well tolerated, without any cutaneous irritations, and showed an improvement in clinical parameters (skin hydration, pruritus, smoothness and scaliness), increase of skin hydration associated with a reduction in desquamation index and good acceptability. All of these parameters were statistically significant ( $p < 0,05$ ).

**Conclusions:** An adequate skin management is required in DM patients with a careful dermatological examination and follow-up. Dermocosmetics management through skin hydration are important to avoid progression of skin lesions in these patients. This study showed an improvement of skin's quality and reduction of skin's morbidity. Adequate dermatological management, especially in early-stage skin disorders, appeared to be important in reducing complications related to DM and the use of products tested in this population, specially one without urea, with good outcome are the key to improve the morbidity related to diabetes.