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Cutaneous manifestations of diabetic peripheral neuropathy

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There is a rise in number of people diagnosed with diabetes. Diabetes is a common manifestation in modern Indian society because of industrial development and drastically changing lifestyles. Diabetic neuropathies are microvascular disorders that are associated with diabetes mellitus. Among the various forms of diabetic neuropathy, the most common is diabetic peripheral neuropathy. The disease if neglected leads to chronic manifestations of ulcer formation and finally leading to amputations. Hence the aim of this study is to document these cutaneous changes and create an early awareness in the importance of controlling diabetes. The study consisted of 205 patients with type 2 DM. Participant's neuropathy status was determined based on Neuropathy Disability Score and Diabetic Neuropathy Symptom Score (DNSS). 112 (55%) patients with severe DNSS. 101 (49%) patients with moderate Neuropathy Disability Score (NDS) and 75 (37%) with severe NDS. Among the skin changes documented, the common changes seen in the patients are: Peripheral hair loss in 185 (90.2%), xerosis in 168 (82%), anhydrosis in 162 (79%), plantar fissures in 136 (66.3%), ulcer in 80 (39%), among ulcers, the common presentation of Grade-1 (superficial ulcers-55 (26.8%), callus in 73 (35.6%), previous ulcers in 36 (17.6%) patients. Common nail changes documented were onychomycosis in 165 (80.5%) and onychia in 53 (25.8%) patients. The other parameters documented were anatomical foot changes, type of foot wear and working nature of the participants. In conclusion, it is important to control glycemic levels in the initial stages of diabetes.

Biography

Sowmya Naga Dogiparthi has completed her MBBS and MD in Dermatology, Venereology, and Leprosy in 2014 from Sri Ramachandra Medical University, India. She worked as Junior Resident in Department of Endocrinology at SRU. She has completed a degree in Cosmetology from Stanley Medical College & Hospital and holds a Diploma in Fellowship in Aesthetic Medicine from Institute of Laser and Aesthetic Medicine, India. She presented multiple posters and oral presentations in the field of Dermatology and has one national publication.

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