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An observational study of cutaneous manifestations of type 2 diabetes mellitus in a tertiary care hospital in south India

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Diabetes Mellitus (DM) is now a pandemic and affects approximately 60 million adults in India, however, its effects on the skin are usually neglected and frequently under diagnosed. Improved understanding of the onus of skin disorders in DM patients will help in foresight of oncoming complications and prompt management, thereby leading to reduced morbidity and improved quality of life. This was a cross sectional observational study conducted in the Department of Endocrinology & Dermatology in a tertiary care hospital in south India, to study the prevalence and pattern of skin disorder among type 2 DM patients in south India. In total, 500 patients of type 2 DM were enrolled and examined of which 60% were male and 40% were female. The most common cutaneous manifestations were acanthosis nigricans (63.6%), diabetic dermopathy (59.8%), acrochordons (49.4%), cutaneous infections (44.6%), diabetic foot (13.2%) and psoriasis (3.2%). Other manifestations like injection site reactions, xerosis, nail changes, macular amyloidosis, vitiligo, asteatotic eczema, photodermatitis limited joint mobility, dupuytren's contracture, scleroderma, and xanthelasma were seen in 2.4% cases. Cutaneous manifestations like blue strain, signs of hyperandrogenism, xanthomas, suggesting of secondary cause of diabetes were also found in 0.8 % case. Majority of the patients had a combination of more than one type of skin lesion. Skin is rightly called the mirror of the body and can forewarn us of upcoming complications, for example- skin infections suggest poor glycemic control, diabetic foot suggests microvascular and neurological involvement, skin tags suggest insulin resistance while contracture suggest formation of AGE's. Preventive and therapeutic measures taken in time by identifying skin signs can therefore prevent morbidity and lead to improved quality of lives of patients.

Biography

Prachi Srivastava has completed her MBBS and MD in Dermatology at MGM Medical College and hospital, Mumbai. She is a Senior Resident in Department of Dermatology at Krishna Institute of Medical Science. She has 7 years of teaching and work experience in prestigious institute like MGM Medical college and hospital, Fortis Hospital Mumbai and currently in KIMS Secunderabad, several presentations in national conferences and 9 publications in reputed journals. She is the Co-coordinator in organization of Live workshop on Dermato Surgery at KIMS November 2015.

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