

## SKIN CARE IN DIABETICS

Having Diabetes you can no longer care for your skin as every body do. They need special care to remain healthy. As there is high amount of unutilized glucose in your body the defense mechanism of your body becomes poor. To make the scenario worse there is also impaired circulation of blood. So body cannot take care of the harmful bacteria and fungi properly. They grow in skin and other parts easily. Again high sugar also causes dehydration making the skin dry and itchy.

What to look for in your body regularly?

- > Any change in skin colour, texture or thickness >
- Any blisters, wounds, unnoticed cuts or lesions >
- Any wound which is not healing
- > Any signs of infection like redness, swelling, pain, boils or skin that is warm to the touch
- > Any probable signs of fungal (yeast) infection like itching in groin, vaginal, anal area, under arms, breasts, in between the toes, curdy white vaginal discharge, white patches in oral cavity, etc.

If anything mentioned above is noticed visit your Doctor.

Tips for skin care for you

- > Take bath with lukewarm water regularly >
- Use a moisturizing soap or a mild soap
- > Avoid bubble baths because they often contains detergents that tend to dry your skin

- > Avoid showers/baths that are very hot because it may burn your skin and you may not feel it
- > After taking a bath dry your body meticulously. Give special attention to folds of skins like underarms, groin, in-between toes and under the breasts because if these areas remain chronically moist may cause fungal infections
- > After the skin is dry use a good moisturizing lotion specially in areas which tend to be dry
- > Prevent drying of skin because if you scratch dry itchy skin it may abrade leading to infections
- > Avoid skin products that contain alcohol or antiseptics because they tend to dry your skin
- > Drink plenty of water to keep you hydrated
- > If you are on insulin properly clean your skin before injecting. Keep an watch over the pricking areas for any signs of infection
- > Limit the use of cosmetics. If required use good products > Avoid anything that irritates the skin

#### Tips for wound care for you

- > Keep any wound areas if you have clean
- > If you get a small cut or abrasion wash with soap and warm water immediately. Use a mild antiseptic.
- > Keep the area protected with sterile dressings, medicated adhesive plasters like Band Aid
- > Do not self medicate with oral or local antibiotics. Always consult a Doctor
- ^ Contact your Doctor immediately if you have a serious eufftrufn, signs of infeCtitih or pus formation in your skin/woand and also for any signs of furtgal infection like athlete's foot, jock itch, ringworm etc.