A diabetic's skin worries

FOR people with diabetes, too much glucose (sugar) in the blood for a long time can cause some serious complications.

These include foot and skin problems, heart disease, stroke, kidney disease and eye damage.

As many as a third of people with diabetes will have skin disorder relating to the disease at some time in their lives.

Fortunately, most skin conditions can be prevented and successfully treated if diagnosed early.

If not cared for properly, a minor skin condition can turn serious with potentially severe consequences.

Effects of diabetes upon skin

Skin problems are common in people with diabetes. Blood glucose provides an excellent breeding ground for bacteria and fungi, and can reduce the body's ability to heal itself. High blood glucose also causes the body to lose fluid, leading to dry skin.

These factors put people with diabetes at greater risk for skin problems.

Other skin conditions include:

 Diabetes affects small blood vessels causing a skin condition called diabetic dermopathy. It appears as painless scaly light brown or red patches usually on the front of legs.

 Dry skin can result if leg and feet nerves are unable to sweat – keeps skin soft and moist – due to diabetic neuropathy. Dry skin can crack, allowing germs to

- Itching skin, or pruritus, has many causes – from yeast infection and dry skin to poor blood
- Calluses are build-up of hard skin, usually on the underside of feet. They are caused by uneven distribution of weight at the bottom of the forefoot, ill-fitting shoes or skin abnormality.



Before (above) and after stills of a 67-year-old patient who had used a hydrolysed activated collagen and high concentration glycerine-based lotion for three weeks to treat her skin problem.

 Blisters can form when shoes keep rubbing the same spot of the foot. Ill-fitted shoes or just wearing shoes without socks may cause blisters, bringing about infection.

Keeping diabetes under control is the most important factor in preventing the skin-related complications of diabetes.

Follow your healthcare provider's advice regarding nutrition, exercise and medication.

Clinical trials have demonstrated the effectiveness of hydrolysed activated collagen and high concentration glycerine-based lotion in treating diabetes-related skin problems.

Glycerine locks in moisture, reduces evaporation in dry skin and prevents bacterial and fungal colonisation while hydrolysed activated collagen promotes new tissue growth and strengthen the skin integrity.

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Wound Healing Problems?
Skin Problems?

(darkened, dry, scaly skin / calluses)

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