PG -10 : A DESCRIPTIVE STUDY ON CUTANEOUS MANIFESTATIONS OF TYPE 2 DIABETES MELLITUS

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Background : As every other organ, skin is invariably affected in most patients with diabetes. It cannot be ignored owing to the fact that skin is the largest organ of the body. In some of them, skin manifestation can be the presenting sign. The purpose of this study was to analyse the various dermatoses pertaining to Type 2 Diabetes Mellitus.

Materials and Methods: This is a descriptive study, conducted in the Department of Dermatology, Venereology and Leprosy, Mahatma Gandhi Medical College and Research Institute. Data collection was done prospectively in a pre-written proforma, in which history and clinical findings were noted.

Results : 100 diabetic patients with mucocutaneous manifestations were studied. Out of them, 64% were males and 36% were female diabetics. Most of them were in 5th and 6th decade of life. 31% of them gave a positive family history. 76% had more than a single feature in them. There was no statistically significant correlation between the duration of diabetes and clinical manifestations. The most common among all the findings were xerosis / ichthyosis which was seen in 46% of the patients. This was followed by cutaneous infections (44%), acanthosis nigricans (27%), acrochordons (25%), and diabetic dermopathy (20%). Seborrheic keratosis / DPN was seen in 24% of them. The less common features which we came across were psoriasis, ulcer, melasma, amyloidosis, xanthomas, perforating dermatoses, lichen planus, vitiligo, scleredema diabeticorum, diabetic rubeosis and gangrene.

Conclusion : Skin involvement in Type 2 diabetics is common. Suspecting the disease from the particular manifestation can be possible, when we can intervene earlier and prevent the possible complications, thereby increasing the quality of life of patients.