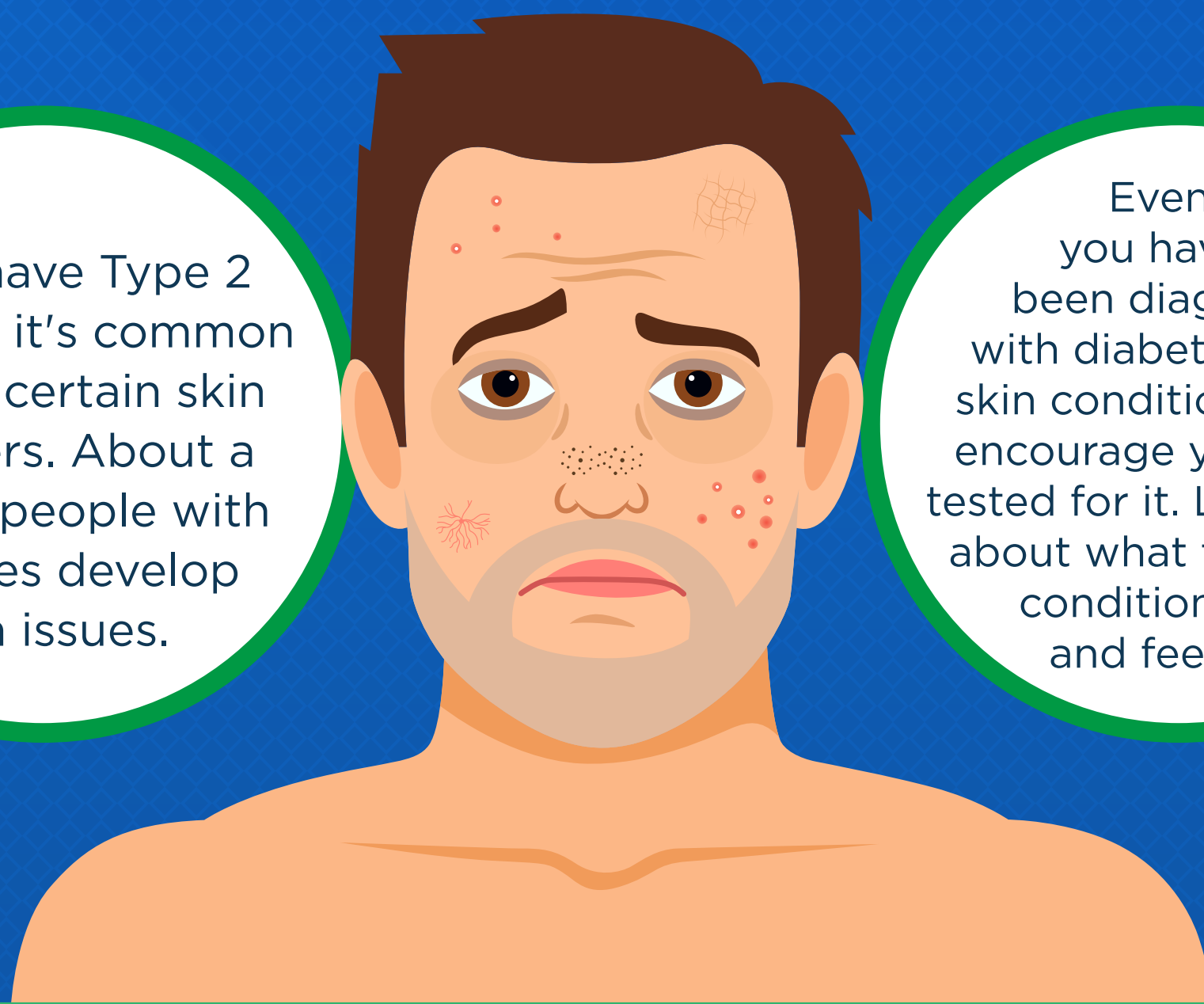


COMMON SKIN DISORDERS FOR DIABETICS

If you have Type 2 diabetes, it's common to have certain skin disorders. About a third of people with diabetes develop skin issues.

Even if you haven't been diagnosed with diabetes, some skin conditions might encourage you to get tested for it. Learn more about what these skin conditions look and feel like.



01

BACTERIAL INFECTIONS

LOOKS LIKE: Red, irritated or raised bumps or sores

FEELS LIKE: Hot, swollen and painful areas on or under the skin

02

DIABETIC BLISTERS

LOOKS LIKE: Burn blisters on forearms, hands, feet or lower legs

FEELS LIKE: Usually painless

03

DIABETIC DERMOPATHY

LOOKS LIKE: Many light red or brown scaly patches on skin

FEELS LIKE: Slightly itchy or painless

04

DIABETIC RASH

LOOKS LIKE: Red or skin-colored raised bumps with uneven or scaly edges

FEELS LIKE: Itchy or painless

05

DIABETIC ULCERS

LOOKS LIKE: An open wound or sore that may leak fluid

FEELS LIKE: Usually painless

06

ERUPTIVE XANTHOMATOSIS

LOOKS LIKE: Clusters of hard, yellow bumps surrounded by red rings

FEELS LIKE: Itchy but painless

It's important to note that many of these conditions look painful. But because diabetics often have nerve damage, they don't feel the pain these skin problems can cause. That's why it's important to do a visual check for skin changes.



MANAGING DIABETIC SKIN CONDITIONS

Managing your diabetes is the key to reducing skin problems. When you keep your blood sugar levels stable, it can help rashes, blisters and other issues clear up. Work with your doctor to see how diet, exercise and medications can help you keep your diabetes under control.