

A Guide for Patients and Families

Care of Dry Skin



Skin changes in diabetes

Poorly controlled diabetes can affect the skin. The skin can become too dry, peel and crack.



- ◆ Fissures are cracks in the skin, often extending to the deeper layers of the skin.
- ◆ This provides a possible point of entry for bacteria to enter and may result in an infection.
- ◆ The heel is the most commonly affected, but any part of the sole can be involved.
- ◆ The fissures can also be painful when pressure is applied on standing. They may bleed.

Using open footwear in tropical climate or hot temperatures predispose to more fissures.

People who have the habit of walking barefoot are more susceptible to such foot health problems.



What are the possible risk factors that may cause Fissures?

- ◆ Diabetes may damage the nerves supplying moisture and oil production in the skin of the feet. This may result in drier skin causing cracks and splits.
- ◆ Inadequate skin care, poor circulation and some medications may cause skin dryness.



What can I do?



Inspect your foot daily



Apply a urea-based or ceramide containing moisturizer regularly to your feet, avoiding the webspaces



Wear proper fitting shoes with good foot ventilation

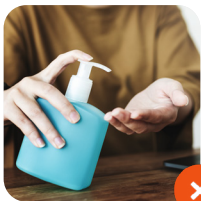


Drink adequate water



Have your diabetes, high blood pressure, and high cholesterol under control

What should I avoid doing?



Do not use products containing alcohol as they will dry up your skin further



Avoid saunas and steam baths which will contribute to the dry foot condition

When should I seek medical treatment?

▶ If your fissures do not improve after a week or show signs of infection (redness, warmth, pus discharge), you are advised to seek immediate medical attention.



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