



FAST FACTS

- **29.1 million Americans** (9.3%) have diabetes
- **Approximately 25%** of adults 60 and older have diabetes
- **Up to one-third** of people with diabetes will have some sort of related skin condition
- **Elevated glucose levels** are associated with dry skin and decreased ability to fight bacterial infections

EXTERIOR EFFECTS TO LOOK FOR



Hair Loss

Head



Stye

Eyes



Boils and Carbuncles

Nose | Mouth | Groin | Thigh | Armpit



Skin Hardening

Toes | Back of Neck | Upper Back | Fingers | Hands



Dark Skin Discoloration

Elbows | Hands | Knees



Raised Yellow Bumps

Feet | Legs | Arms | Buttocks | Back of Hands



Blisters

Legs | Feet | Toes

DIABETES-RELATED SKIN CONDITIONS

Acanthosis Nigricans

What is it? Tan or brown raised areas appearing on the skin

Where does it occur? Sides of the neck, armpits, groin, hands, elbows and knees

Who's at risk? People who are very overweight

Diabetic Dermopathy

What is it? Changes in small blood vessels often appearing as light brown, scaly oval or circular-shaped patches

Where does it occur? On the front of both legs

Does it hurt? The patches do not hurt, open up, or itch, and dermatopathy is itself harmless

Eruptive Xanthomatosis

What is it? Firm, yellow, pea-like bumps in the skin with a red halo, which may itch

Where does it occur? Most often on the backs of hands, feet, shoulders, arms, legs and buttocks

Who's at risk? Those whose diabetes is out of control; disappears when diabetes is controlled

Diabetic Blisters (Bullosis Diabeticorum)

What is it? Sores that look like burn blisters, sometimes large, but painless with no redness; These may be prevented by keeping sugar under control, and they often heal by themselves

Where does it occur? Backs of fingers, hands, toes, feet and sometimes on legs or forearms

Who's at risk? People who have diabetic neuropathy

Seek counsel from your doctor if any of these conditions persist.

Get Skin Health Smart at Active Aging Week for a Life Course of Healthy Skin!