

Skin disorders in diabetics

DIABETES mellitus is a multisystem disease that even when the intake of sugar is controlled, you only minimise the complications and not negate them completely.

One of the complications commonly seen are skin disorders. Generally, about 20% of people above 18 years old have diabetes. Out of that, 25% will get diabetic foot complications. It can be infections or skin problems.

President of the Malaysian Society of Wound Care Professionals Dr Harikrishna Nair said, "Because the sugar is not controlled, and the whole body is full of them, you get small infections all over. These may worsen and become abscesses and more."

For a diabetic, the whole environment in the body is changed. Cells work differently and some – like the immune system – don't even function properly. Normally, macrophages does a lot of work cleaning the body system, producing fibroblasts that heal wounds

and initiate the healing process. But in a diabetic body, they don't work well. In addition, the body's collagen production – which is essential to keep skin healthy and heal wounds – is reduced by 42%.

In cases of skin problems, dermopathy affects 55% of diabetic patients. Skin gets thinner and dry due to damaged nerves that control involuntary bodily functions such as producing sebum and sweat. Dryness cause fissures, scaling and dark discolouration.

Dr Nair explained that another problem diabetics with skin disorder have are infections because the skin's antibodies are not working to defeat pathogens. Even a tiny wound will allow bacteria to invade. Infection can even enter the blood, travelling to the bone and tendons.

It is important to keep skin moisturised and healthy. Unlike simple creams, Dr Nair said an activated collagen lotion plus glycerin have high viscosity, good texture can keep skin moist for longer and promote new tissue growth. It treats dryness, fissures, calluses, skin cracks, even hyper pigmentation and dermopathy. The lotion acts as a collagen replacement therapy.

Activated collagen lotions with a high level of glycerine not only moisturises, but also stops bacteria from developing, and is fungistatic as well. It is not for wounds but works for diabetic skin disorders.

When a patient seeks medical attention, Dr Nair said hospitals will first note if the periwound area is dry or has dermopathic changes.

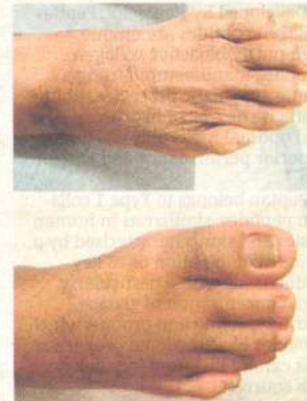
They will apply about two drops – enough for a whole leg. To prevent breakdown after healing, patients should continue applying.

Tangible results for the lotion are backed by studies done in two wound centres in Putrajaya and Kuala Lumpur. Patients have less wrinkling and dryness, skin turgor and colour improves, and marks fade. Effects are noticeable after four weeks.

The lotions sold over-the-counter, is scent-, chemical-, allergy- and preservative-free, good for prevention or when there is a skin problem.

This article was brought to you by Soza Healthcare Sdn Bhd.

■ For more product details, log on to www.szoa.com.my



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

Stimulen™

**Wound Healing Problems?
Skin Problems?**

(darkened, dry, scaly skin / calluses)

Management of Skin Problems



**Protects,
Strengthens
& Moisturizes
The Skin**

Management of Wounds & Ulcers



**Speed Up
Wound
Closure**

Contains Activated
Hydrolysed Collagen.
High Concentration
Glycerin.

MADE IN USA
FDA APPROVED

This product is classified as a medical device.

Manufactured by
Southwest Technologies Inc. USA
1740 Lewis Road, North Kansas City, MO 64116
Tel: (816) 297-0811, (816) 231-0442
Fax: (816) 221-3068

Sole Distributor
SOZA HEALTHCARE Sdn Bhd (03)7019140
Zainy 302, Block C, Level 3, Plaza Damas 1, No. 8, Jalan 16/11,
Off Jalan Damansara, 46100 Petaling Jaya, Selangor D. E., Malaysia
Tel: (6) 7021 9881 Fax: (6) 701 0661