



Proceeding

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Spectrum of Cutaneous Manifestation in Patients with Type 1 Diabetes

Yasmine I Elhenawy*

Department of Pediatrics, Ain Shams University, Egypt

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***Corresponding author:** Yasmine I Elhenawy, Division of Pediatric Diabetes, Department of Pediatrics, Faculty of Medicine, Ain Shams University, Egypt

Background

Type 1 Diabetes can be complicated by a variety of cutaneous manifestations.

Aim

To evaluate the spectrum of cutaneous manifestation in patients with Type1 diabetes and their relation with other systemic complications of the disease.

Methods

A total of 200 patients with type 1 diabetes and 100 healthy controls were enrolled in the study. The studied cohort was subjected to thorough clinical evaluation and whole-body cutaneous examination, including visible mucosal surfaces. Glycemic control was evaluated by assessing Haemoglobin A1c (HbA1C). For diabetic complications screening, a twenty-four hour urine was collected for measurement of urinary albumin. Direct and indirect ophthalmoscopy was used yearly to assess retinopathy. Peripheral neuropathy was assessed by a positive diabetic neuropathy index. To assess microangiopathy in diabetic

cohort plasma Osteoprotegerin (OPG) level was measured using enzyme-linked immunoassay. Cutaneous assessment included bedside laboratory procedures like the Tzanck smear, KOH mount, and Gram's stain. A skin biopsy was done in a few cases.

Results

One hundred forty-two (65%) diabetic patients had at least one cutaneous disorder compared to (25%) in control subjects ($P<0.05$). The prevalence of fungal and bacterial infection was significantly higher in diabetic cohort with poor glycemic control ($p<0.05$). Diabetes-associated skin lesions were found in 76 (38%) patients. Furthermore, significantly higher levels of OPG was observed in cohort with rubeosis ($p<0.05$).

Conclusion

Cutaneous manifestations are common in patients with type 1 diabetic patients. Patients with type 1 diabetes may develop skin complications from long term effects of diabetes on the microcirculation and skin collagen.



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