



## Diabetes and Skin Health

Diabetes can impact skin health, leading to various conditions. By understanding the connection and taking preventive measures, individuals with diabetes can maintain healthy, glowing skin.

### Key Skin Conditions Associated with Diabetes

- **Diabetic Dermopathy:** Brownish patches on the shins.
- **Acanthosis Nigricans:** Dark, velvety patches on the neck, armpits, and groin.
- **Digital Sclerosis:** Thickening and tightening of the skin on the fingers and toes.
- **Diabetic Blisters:** Painful blisters on the feet.
- **Skin Infections:** Increased susceptibility to infections due to poor circulation and nerve damage.

### Tips for Managing Diabetes-Related Skin Issues

- **Blood Sugar Control:** Maintain stable blood sugar levels to minimize skin complications.
- **Regular Skin Examinations:** Check your skin daily for signs of infection, wounds, or unusual changes.
- **Proper Foot Care:** Inspect your feet daily for cuts, blisters, or signs of infection.
- **Moisturize Regularly:** Use a gentle, fragrance-free moisturizer to keep your skin hydrated.
- **Avoid Hot Water:** Limit exposure to hot water, as it can dry out the skin.
- **Wear Comfortable Shoes:** Choose well-fitting shoes to prevent blisters and foot ulcers.
- **Healthy Diet:** Consume a balanced diet rich in fruits, vegetables, and whole grains.
- **Regular Exercise:** Engage in regular physical activity to improve circulation and overall health.

### Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

**We're committed to your health. Contact us today for more information.**



#### Advanced Diabetes Supply

**Website:** [www.advanceddiabetessupply.com](http://www.advanceddiabetessupply.com)

**Patient Support:** 1-866-422-4866

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