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High prevalence of cutaneous manifestations in the elderly with diabetes mellitus: an institution-based cross-sectional study in Taiwan.

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Abstract

BACKGROUND: Diabetes mellitus (DM) is a common endocrine disorder and an increasing epidemic worldwide. Proportional diabetic patients eventually develop **cutaneous** diseases.

OBJECTIVES: This **study** determined the statistical association of **cutaneous manifestations** and DM as well as the DM-associated **cutaneous manifestations** in **elderly** male residents.

METHODS: A **cross-sectional study** was conducted in a Veterans Home in **Taiwan**. The **cutaneous manifestations** and major systemic diseases of the residents were recorded separately. Univariate logistic regression and multivariate analysis after adjustment for age, body mass index and significant major systemic diseases provided odds ratios and P values for the statistical association.

RESULTS: A total of 313 male residents (age ≥ 65 years) were recruited, including 70 (22.4%) with DM. Their most common **cutaneous manifestations** included fungal infection (77%) and brown spots on the legs (38.3%). Chronic ulcers adjusted odds ratios (AOR 4.90, 95%CI: 1.82-13.19; P = 0.002), brown spots on the legs (AOR 6.82, 95%CI: 3.60-12.89; P < 0.001) and pruritus (AOR 12.86, 95%CI: 4.40-37.59; P < 0.001) were significantly associated with DM. The diabetic residents were inclined to have chronic ulcers, brown spots on the legs and pruritus at a 7.46-fold higher risk (AOR 7.46, 95%CI: 3.86-14.43; P < 0.001). The diabetic residents exhibited marginally higher risks of bacterial infection, scabies, or skin tags.

CONCLUSION: The DM-associated **cutaneous manifestations** were chronic ulcers, brown spots on the legs, and pruritus. By observing clues of diabetic **cutaneous** features, a more complete condition of diabetic patients can be appreciated. The information is essential for providing appropriate treatment and key nursing points regarding the **diabetes**-associated skin diseases.

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