

## PS2.142

### **Pruritus and skin disorders in elderly patients with type II diabetes mellitus**

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**Background:** Diabetes mellitus is a very common disease in the general population. Skin and soft tissue complications, related with diabetes, are frequently encountered by the primary care physicians. Aim(s) or **Purpose:** The aim of the study was to assess the incidence of various dermatologic disorders and pruritus in elderly patients with diabetes mellitus.

**Design and Methods:** Between February 2014 and December 2014 we studied patients who attended the Health Center with presenting complaint severe pruritus. The study included 22 patients older than 65 years of age (10 men and 12 women) and type II diabetes for at least 10-20 years. All patients suffered with various generalized or localized skin lesions. The reported pruritus was worse at bedtime and was associated with anxiety and sleep disorders. The pruritus was also closely linked with increased glycosylated haemoglobin, an indicator of poor glycaemic control in these patients.

**Results:** From the participants in the study, 10 patients (45, 4%) had diabetic dermopathy, 4 patients (18%) had cutaneous infections (scabies), and 4 patients (18%) had fungal infections and 2 patients (9%) had drug induced allergic reactions. They were treated with antihistamines, local and oral corticosteroids, antibiotics and benzyl benzoate. All patients were treated successfully and the symptoms resolved.

**Conclusion:** Optimal glycaemic control in type II diabetes is the key element in preventing diabetic dermopathy. Patients should also aim at very good skin hygiene and care with moisturizers, especially when the diabetic dermopathy is localized. They are strongly advised to visit their GP if their symptoms persist.