HOW TO TREAT DRYNESS, HYPERKERATOSIS AND CRACKS OF DIABETIC PATIENTS FEET

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INTRODUCTION

Patients with diabetes frequently present skin changes on foot. The skin of the feet may become very dry with hyperkeratosis and cracks. We evaluated the use of a podologic dedicated emollient cream in the treatment of xerosis in diabetic foot.

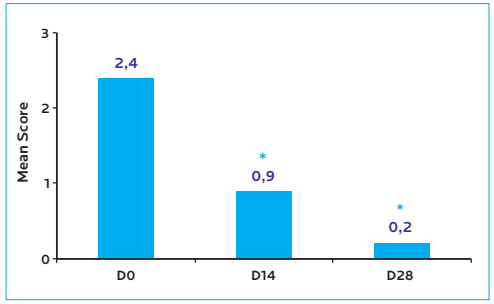
METHODS

51 subjects (72.5% female, 27.5% male, 56 years old in average) suffering from type I (2%) or II (98%) diabetes participated in the study. All subjects had dryness and callosity on the feet with a minimum score of 2 out of 4 for dryness, hyperkeratosis, roughness and desquamation. Clinical signs were scored at T0 and after 4 weeks of application (twice a day) together with evaluation of skin tolerance and opinions of patients.

RESULTS

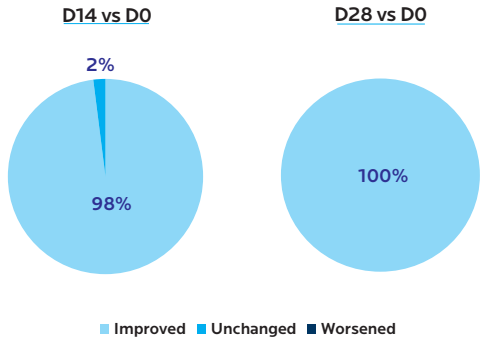
Tolerance : the product was well tolerated by all subjects after 28 days of application.

Evolution of Roughness Scoring

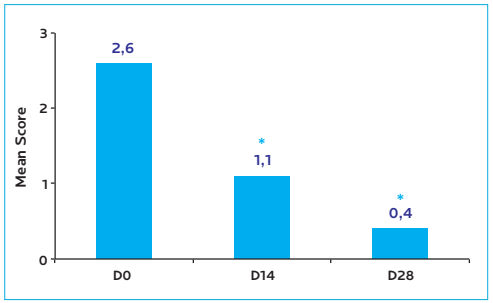


*p≤0.0001 compared to D0

% of subjects with change of roughness score

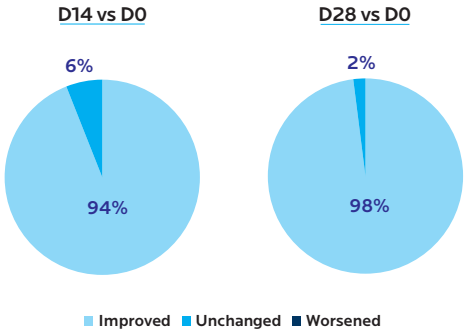


Evolution of Dryness Scoring

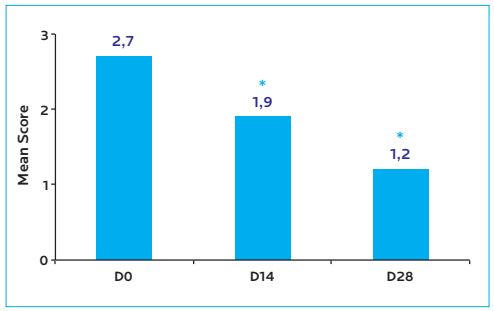


*p≤0.0001 compared to D0

% of subjects with change of dryness score

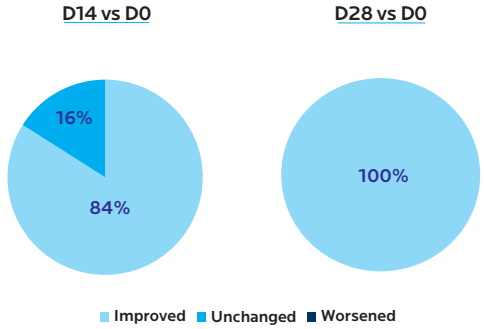


Evolution of Hyperkeratosis Scoring

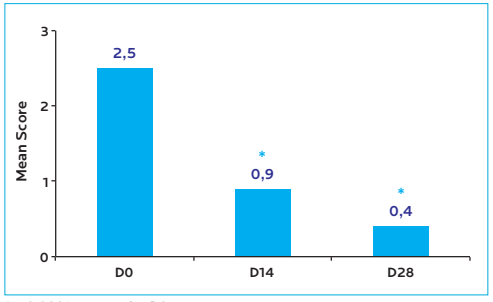


*p≤0.0001 compared to D0

% of subjects with change of hyperkeratosis score

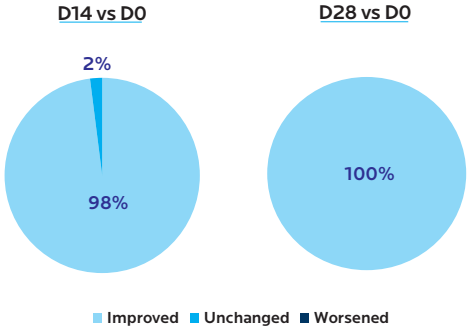


Evolution of Desquamation Scoring



*p≤0.0001 compared to D0

% of subjects with change of desquamation score



Subject 22 Left Foot

Subject 51 Left Foot

CONCLUSION

This study showed a very good tolerance of a specific podologic dermocosmetic on feet of diabetic patients including effectiveness in reducing the skin dryness, hyperkeratosis and cracks.

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