

SKIN CHANGES IN DIABETES

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Introduction

Diabetes mellitus (DM) is associated with various cutaneous manifestations. Despite their clinical relevance, dermatologic changes are not routinely assessed during diabetology consultations. Early recognition of these manifestations helps in diagnosing diabetes or prediabetic conditions, thereby preventing complications.

Objective

1. To document dermatologic changes observed in people with DM in an outpatient setting.
2. To highlight the importance of routine skin examination in comprehensive diabetes care.

Results

Preliminary observations indicate the presence of diverse cutaneous manifestations among patients with diabetes. Identified findings include: id reaction (Fig.1), structural skin alterations in the lower extremities with eczema (Fig.2), diabetic folliculitis (Fig.3), palmar hyperlinearity (Fig.4), localized tissue changes at insulin administration sites (Fig.5), ecchymosis (Fig.6), hyperpigmented macular lesions suggestive of diabetic dermopathy (Fig.7), xerosis (Fig.8). All of the patients were unaware of existing skin changes prior to examination.

Methodology

- 1 An ongoing clinical observational study is conducted in ambulatory people with DM.
- 2 Data are collected through structured interviews and focused physical examination.
- 3 Observed findings, are documented descriptively.

Conclusion

Dermatologic changes appear to be a frequent but often under-recognized component of DM. Incorporating routine skin assessment into diabetology practice may improve early detection of complications and potentially reduce the overall morbidity associated with long-term DM.

Fig. 8- Xerosis of the skin around the elbow



Fig.7 - Diabetic dermopathy ("shin spots")



Fig. 6 - Ecchymosis on the left arm



Fig.5 - Insulin injection site with lipodystrophy, petechias and purpura



Fig.3 - Diabetic folliculitis on the back



Fig.4 - Palmar hyperlinearity



Fig. 2 - Onychomycosis, mycotic eczema, diabetic foot syndrome



Fig.1 - Id reaction on the forearm (autosensitization dermatitis)

