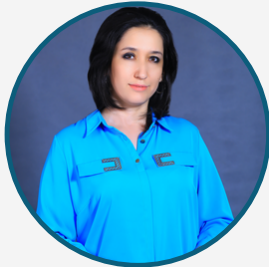


INTERNATIONAL SUMMIT ON DIABETES, ENDOCRINOLOGY, AND METABOLIC DISORDERS



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Diabetes and Dermatology: The Overlooked Relationship Between Blood Sugar and Skin Health

Abstract:

Introduction

Diabetes Mellitus is known as a long-term illness affecting the well-being of the worldwide population and is among the top 10 causes of adult mortality. In addition to several systemic complications, diabetes can compromise the skin through associations that are not yet fully understood. The goal of this research is to investigate the relationship between diabetes mellitus and various dermatological conditions, including their prevalence, types, and impact on lifestyle, and raise awareness among healthcare professionals and the community about the link between diabetes and skin disorders by promoting education on preventive measures.

Methodology:

This study conducted a systematic review of more than 80 existing literatures to analyze the association between diabetes mellitus and dermatological disorders. A clinical examination was also completed on Uzbek population's diabetic patients possessing skin diseases. The extracted data was synthesized to establish a comprehensive understanding of the subject.

Result:

The findings indicated that poor glycemic control is linked to an increase in diabetic skin lesions such as pruritus, xerosis, diabetic dermopathy, acanthosis nigricans, acrochordon, and insulin-related lipohypertrophy. Skin lesions were found to be relatively common in both Type 1 and Type 2 Diabetes Mellitus, with similar prevalence rates.

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Conclusion:

The cutaneous manifestations play a vital role in early diagnosis and overall prognosis of Diabetes Mellitus. It is essential for healthcare specialists to encourage proper glycemic management and educate patients on the importance of regular dermatological check-ups. Future research should focus on developing innovative strategies for the prevention and management of skin complications associated with diabetes, and longitudinal studies should be conducted to consider ethnicity.

Keywords: diabetes mellitus, diabetes in dermatology, cutaneous manifestations, glycemic control

Biography:

Dr. Umida completed her bachelor's degree at Tashkent Medical Academy in Uzbekistan and went on to earn her master's degree in Endocrinology in 2010. Following her studies, she joined the research group led by Prof. Zamira at the Republican Specialized Scientific and Practical Medical Center of Endocrinology in Uzbekistan. In 2021, she received her Ph.D. from the same institution. Dr. Umida has published over 30 research articles in renowned journals.