

# DIABETES ITCH

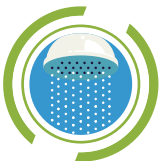
Diabetes could often cause localised itching.

It can be caused by a yeast infection, dry skin, or poor circulation.<sup>1</sup>

## A few tips to treat diabetic itch yourself<sup>1,2</sup>



Avoid factors that trigger dryness of skin like dry climate, heat or ice packs, frequent washing and contact with irritants



Take a bath in lukewarm water for less than 20 min



Use mild soap with moisturiser and apply skin cream after bathing



Wear loose-fitting and soft clothing like cotton



Normalise glucose levels

**Kindly consult your physician for itch due to diabetes condition.**

**References:** 1.Skin complications. Available at: <https://www.diabetes.org/diabetes/complications/skin-complications>. Accessed on: 30 June 2021. 2. Stefaniak A, Chlebicka I, Szepletowski J. Itch in diabetes: a common underestimated problem. *Advances in Dermatology and Allergology*. 2019; 36(1).

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