

Cutaneous Manifestations Related to Glycemic Control

Manifestações Cutâneas Relacionadas com Controlo Glicémico

Alexandra RAMOS RODRIGUES^{✉1}, Ana Luísa MATOS², Carlos Pedro MENDES¹
Acta Med Port 2025 Mar;38(3):185-186 • <https://doi.org/10.20344/amp.22239>

Keywords: Blood Glucose; Diabetes Complications; Diabetes Mellitus, Type 1; Skin Diseases/etiology

Palavras-chave: Complicações da Diabetes; Diabetes Mellitus Tipo 1; Doenças da Pele/etiologia; Glicose no Sangue



Figure 1 – Multiple nodular and papular ulcerated and erosive lesions with a keratotic central area observed on the back in the first appointment

A 30-year-old male with type 1 diabetes, diagnosed at 16, with poor glycemic control (glycated hemoglobin 16%) developed microvascular complications: proliferative diabetic retinopathy with ischemic maculopathy (undergoing laser treatment since 2023) and peripheral/autonomic neuropathy.

The patient was referred to a dermatologist due to skin lesions developed over a one-month period. Upon examination, nodular/papular, ulcerated, erosive lesions with keratotic center were observed on his back and lower limbs (Fig. 1). Some lesions had purulent drainage and caused pruritus. An incisional biopsy was performed, and topical corticosteroids and antibiotics were initiated. Acquired perforating dermatosis was confirmed. Treatment with 45 UVB phototherapy sessions significantly improved the skin lesions (Fig. 2).

Acquired perforating dermatosis is a visible manifesta-

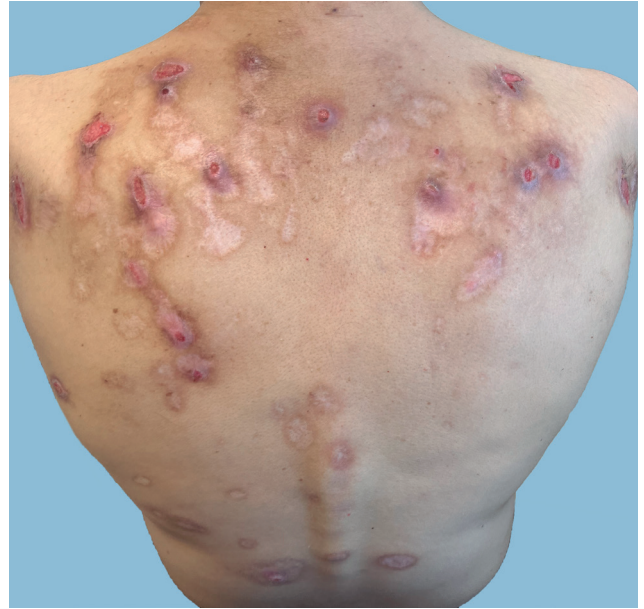


Figure 2 – Acquired perforating dermatosis lesions observed on the back after UVB phototherapy

tion of poor glycemic control, serving as a red flag to manage the underlying disease.^{1,2} Early diagnosis is crucial to minimize long-term consequences.³ To improve his overall health, the patient is under the support of multiple health care providers.

AUTHOR CONTRIBUTIONS

ARR: Writing of the manuscript.

ALM, CPM: Critical review of the manuscript.

All authors approved the final version to be published.

PROTECTION OF HUMANS AND ANIMALS

The authors declare that the procedures were followed according to the regulations established by the Clinical Research and Ethics Committee and to the Helsinki Declaration of the World Medical Association updated in October 2024.

1. Unidade de Saúde Familiar João Semana. Ovar. Portugal.

2. Serviço de Dermatologia. Unidade Local de Saúde de Aveiro. Aveiro. Portugal.

✉ **Autor correspondente:** Alexandra Ramos Rodrigues. alexandralrodrigues@gmail.com

Recebido/Received: 26/08/2024 - **Aceite/Accepted:** 11/11/2024 - **Publicado Online/Published Online:** 31/01/2025 - **Publicado/Published:** 03/03/2025

Copyright © Ordem dos Médicos 2025



DATA CONFIDENTIALITY

The authors declare having followed the protocols in use at their working center regarding patients' data publication.

PATIENT CONSENT

Obtained.

COMPETING INTERESTS

The authors have declared that no competing interests exist.

FUNDING SOURCES

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

REFERENCES

1. Hines A, Davis MD. Cutaneous manifestations of diabetes. *Med Clin NA*. 2021;105:681-97.
2. Karpouzis A, Giatromanolaki A, Sivridis E, Kouskoulis C. Acquired reactive perforating collagenosis: current status. *J Dermatol*. 2010;37:585-92.
3. Kawakami T, Akiyama M, Ishida-Yamamoto A, Nakano H, Mitoma C, Yoneda K, et al. Clinical practice guide for the treatment of perforating dermatosis. *J Dermatol*. 2020;47:1374-82.