



## SKIN CARE IN DIABETES

### Control your Diabetes



Keep blood sugar within a normal range

### Be aware



If you find a nick, a scratch, a small cut, or anything that isn't healing or worries you, consult/talk to your doctor right away.

### Prevent dry skin



Moisturize if your skin is dry and avoid scratching. The best time is right after a shower or bath, when it's still moist. Coconut oil can be applied regularly before taking bath.

### Regular bath



Take short, lukewarm showers or baths and use mild soaps and shampoos when you wash. Neem leaves can be added to bathing water.

### Dry well after bathing



Dry well by patting gently. Don't rub. Focus on underarms, groin, under breasts, and between toes.