



**DERMO-COSMETIC SUPPORT IN SKIN DRYNESS  
ASSOCIATED WITH DIABETES MILLETUS:  
IMPROVEMENT OF PRURITUS, SLEEPING AND  
QUALITY OF LIFE OF THE PATIENTS.**

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## INTRODUCTION

Skin dryness affects diabetic patients in 30% of the cases, particularly in type 2. It negatively impacts their quality of life as it is often associated with pruritus. Consequently, the interest and safety of a specific dermo-cosmetic product was assessed in these patients.

## MATERIALS & METHODS

A clinical study under dermatological control on 40 diabetic patients (**Table 1**) presenting skin dryness according to the Scaling Roughness Redness and Cracks (SRRC\*) scale.

*Product application once to twice daily on the face and body (mainly on dry*

### Inclusion visit (D0)

- Dermatological examination
- Clinical scoring (SRRC\*, pruritus and insomnia)
- Cutaneous hydration assessment (corneometer)
- Illustrative pictures of the studied skin area
- Quality of life questionnaire (DLQI)
- Subjective scoring
- Adverse event(s) collection

### Final visit (D28)

**Table 1: Description of the studied population**

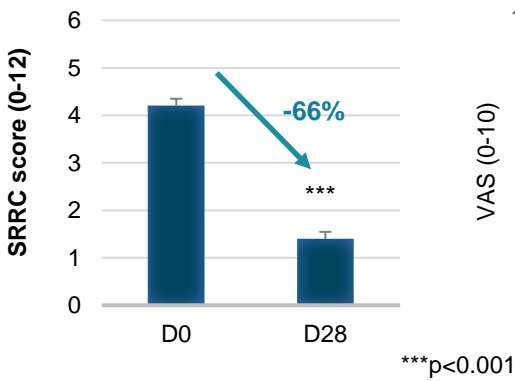
		n = 40
Age (years)	Mean ( $\pm$ SEM)	57 ( $\pm$ 1)
	Min	28
	Max	69
Gender	Female	34 (85%)
	Male	6 (15%)
Type of diabetes	1	5 (12.5%)
	2	35 (87.5%)
Face skin type	Normal	7 (17%)
	Combination	2 (5%)
	Dry	31 (78%)
Body skin type	Dry	40 (100%)

\*SRRC is the sum up of these 4 parameters, rated on a 5-point scale (0=absent, 1=slight, 2=moderate, 3=severe, 4=extreme)

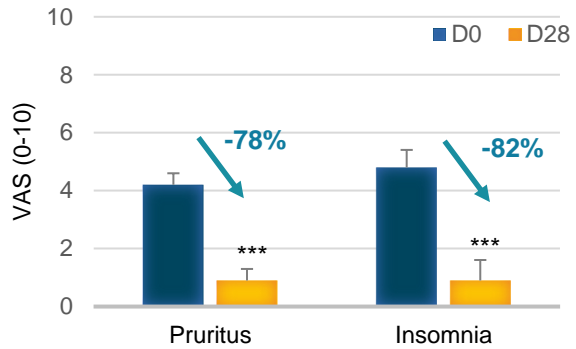
## RESULTS: *clinical efficacy*

At D28, the SRRC score significantly decreased (**Graph 1**) and the **hydration rate increased by +38%** ( $p < 0.0001$ ), corresponding to **an improvement of the skin state for 97%** of the included patients (see pictures in **Figure 1**) Similarly, pruritus and insomnia decreased (**Graph 2**) corresponding to **an improvement of these symptoms on 88% and 75%** of the patients, respectively.

**Graph 1: Mean overall SRRC score**  
( $n=30$ )



**Graph 2: Mean pruritus ( $n=40$ ) and insomnia ( $n=20$ ) scores**



**Figure 1: Illustrative pictures of 2 patients**

D0



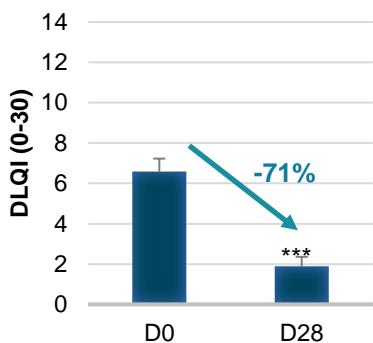
D28



## RESULTS: subjective efficacy

The product's application induced an improvement in the quality of life of these patients at D28 (**Graph 3** and **Table 2**). In addition, the product was very well appreciated (**Graph 4**) and tolerated by all the panel.

**Graph 3: Mean DLQI score (n=40)**

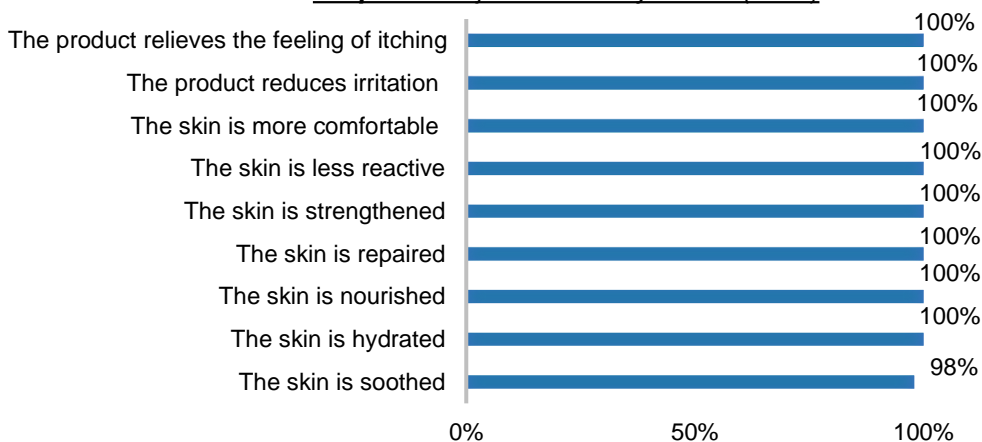


\*\*\*p<0.001

**Table 2: Evolution of the DLQI from D0 to D28 (n=40)**

	DLQI score	D0		D28	
		n	%	n	%
No effect at all	0 - 1	1	53	16	98
Small effect	2 - 5	20		23	
Moderate effect	6 - 10	15	48	0	3
Very large effect	11 - 20	4		1	
Extremely large effect	21 - 30	0	0	0	0

**Graph 4: Subjective efficacy at D28 (n=40)**



## CONCLUSION

This specific dermo-cosmetic significantly improves skin dryness and the quality of life of diabetic patients, helping them to overcome the skin discomforts associated with their illness.