

Necrobiosis Lipoidica Diabeticorum as a Sign of Diabetes

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Necrobiosis lipoidica (NL) is a rare chronic disease. The exact cause is unknown, however, different theories suggest that it is due to a vascular disturbance involving immune complex deposition or microangiopathic changes resulting in collagen degeneration. NL has increased prevalence in patients with diabetes and is more common in females aged 30-40 years old. All patients with NLD should undergo screening for diabetes with yearly HbA1c measurements. NLD could be the first presenting sign of diabetes.

A thirty-four-year-old Bahraini female, known case of gestational diabetes on diet presented with right leg skin changes. The patient was diagnosed clinically and confirmed by punch biopsy as a case of NLD. The patient was treated with Daivobet and Daflon tablets twice a day, which resulted in noticeable improvement.

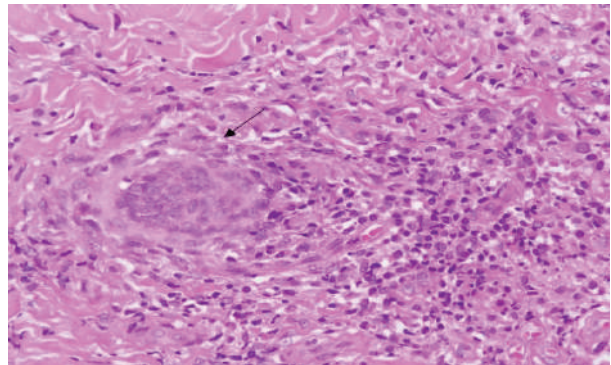
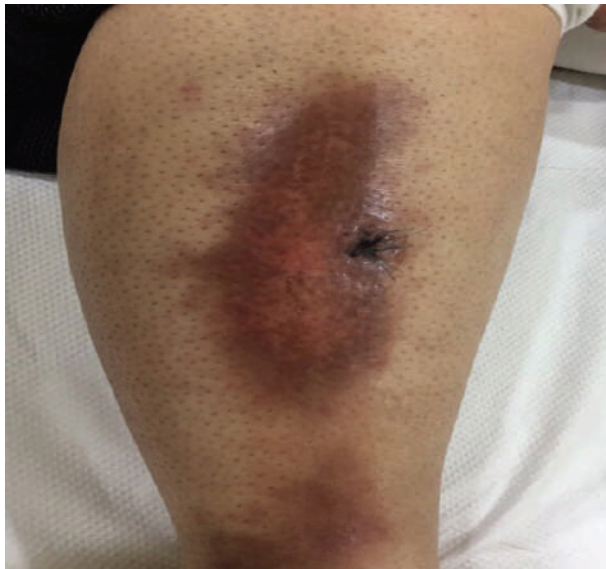


Figure 3: Granuloma Formation



Tacrolimus and Cyclosporine have been used with success in treating ulcerated necrobiosis lipoidica. Excision and grafting have been successful in severe ulcerating NLD cases, but recurrence may take place secondary to the underlying vascular damage with poor healing of the graft site.

In a review study, patients with diabetes mellitus (type 1 and type 2); the authors compared glycemic control and developing NLD⁶. Approximately 30%-91% of patients with diabetes will develop at least one cutaneous manifestation. Glycemic control may affect the progression of necrobiosis lipoidica in patients with diabetes⁶.

Glucose control has no effect on the appearance of necrobiosis lipoidica diabetorum or the progression of the lesion. NLD in people with diabetes is usually associated with poor glycemic control⁶.

CONCLUSION

Competing interest: None.

Sponsorship: None.

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Ethical Approval: Approved by the Research Ethical Committee, Bahrain Defense Force Hospital, Bahrain.

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