

# Meet Lance.<sup>TM</sup>

He was just diagnosed with diabetes...



People with diabetes are at higher risk of serious health complications.<sup>1</sup>

Raised blood glucose levels can cause a lack of moisture in the skin, which can cause itching and cracking.

Up to one-third of people with diabetes will have a skin disorder related to diabetes.

Regularly examining skin and moisturizing daily helps prevent most skin conditions.



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1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. NICO-3888 © 12/16 Trividia Health, Inc. Meet Lance is a trademark of Trividia Health, Inc.



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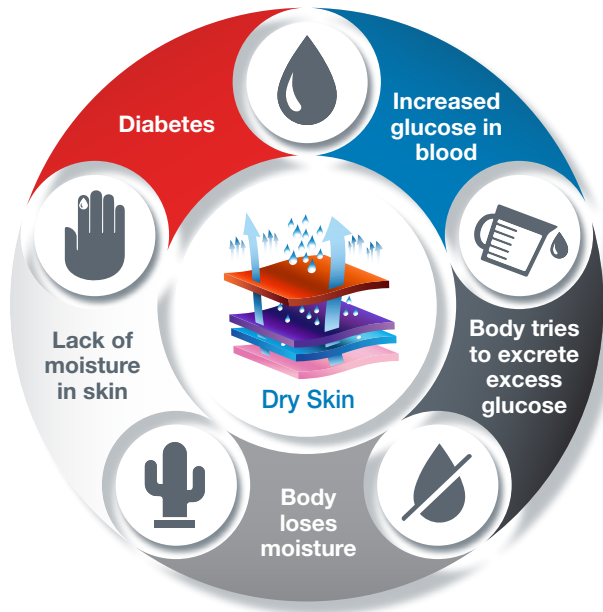


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## Dry Skin

Raised blood glucose levels can cause a lack of moisture in the skin, which can cause itching and cracking.

This can cause infection, which can be slow to heal.



## Preventing Dry Skin

Properly cleaning and moisturizing dry skin are simple ways to prevent dry skin. Use a daily hydrating lotion all over and an intensive moisturizing cream for areas prone to dryness.

Lance's healthcare team gave him the following tips to keep his skin moisturized:

**How To Keep Skin Moisturized**

- Tip 1:** Use a mild soap.
- Tip 2:** Rinse well.
- Tip 3:** Moisturize all over with layer of lotion.
- Tip 4:** Avoid lotioning between the toes, as this can lead to infection. Use talcum powder between the toes instead.

The illustration shows a foot being dusted with talcum powder from a container labeled 'Talcum Powder'.

