



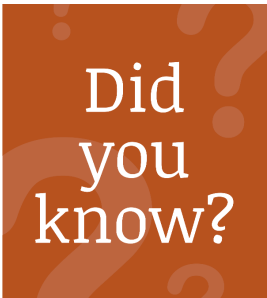
Family Owned and Operated Like Your Pharmacy



Dear Kara,

We take our hands for granted. Even the simplest tasks like buttoning a button, using a fork, or brushing our teeth would be extremely difficult without the use of our hands. Different diabetic hand syndromes, like carpal tunnel syndrome, can affect the general public, but diabetics are at greater risk of losing hand function.

Learn more about two diabetic hand disorders that your pharmacy can directly influence.



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Diabetic hand syndrome

According to the Mayo Clinic, diabetic hand syndrome, also known as diabetic stiff hand syndrome, is a disorder in which the skin on a diabetic's hands becomes "waxy and thickened." Eventually, finger movement is greatly limited.

Causes of diabetic hand syndrome

- Family history increases the risk
- Longstanding and uncontrolled hyperglycemia
- A highly oxidative stress environment caused by diet, lifestyle, and environment

Symptoms of diabetic hand syndrome

- Waxy and thickened skin usually on the back of the hand
- Increased stiffness in the hands

- Inability to extend fingers or press palms together flat

Treatment of diabetic hand syndrome

- Substantial improvement in diet, lifestyle, and environment
- Better management of blood glucose levels
- Stretching exercises through physical therapy
- Orthopedic braces

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Dupuytren's contracture

Dupuytren’s contracture is a hand disorder that causes one or more fingers to bend toward the palm of the hand. You may have seen a TV commercial with Hall of Fame Quarterback, John Elway, talking about the disorder and treatments. Because it progresses slowly, people often mistake it for arthritis.

Causes of Dupuytren’s contracture

For the most part, the actual cause of Dupuytren’s contracture is unknown. Some situations may increase your customer’s vulnerability:

- Family history increases the risk
- Long-term diabetes
- Tobacco and alcohol use
- Men over 50 are more likely to develop it

Symptoms of Dupuytren’s contracture

- Thickening of the skin in the palms of hands
- Tightening of the cords of tissue pulling the fingers to the palm
- Inability to fully straighten one or more fingers, usually the pinky and ring finger

Treatment of Dupuytren’s contracture

- Visiting a hand specialist
- Good blood glucose control
- Physical therapy
- Surgery



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Helping your customers with diabetic hand syndrome

As a community pharmacist, you know your customers on a more personal level. As you serve your diabetic customers, take a moment to examine their hands.

Does the skin look thick and waxy? Are they unable to fully straighten their fingers? Helping your customers recognize these symptoms and offering them the proper treatment can slow the progression of the disorder.

Products to offer

Both diabetic hand syndrome and Dupuytren’s contracture are treated with better glucose monitoring. Encourage routine blood sugar monitoring with a blood glucose meter and test strips. Provide glucose tablets and sugar-

free items. Keep a ready supply of pen needles and insulin available.

Let Ixthus Medical Supply come alongside you

Together, we can keep your diabetic customers from suffering with diabetic hand syndrome. Make sure your shelves are stocked with test strips, insulin syringes, and diabetic equipment such as continuous glucose monitors. We have them in stock and ready to ship.

Contact us for all of your diabetic supplies and receive great prices with great service. We're here to serve you and your independent pharmacy.



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"Be joyful in hope, patient in affliction, faithful in prayer."
Romans 12:12

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