

Diabetic Cheiroarthropathy : A Complication not to be Ignored

*Ghariani R
Loukil H
Snoussi M
Dammak C
Frikha F,
Turki C
Sahnoun R
Marzouk S
Bahloul Z*

Department of internal medicine, Hédi cheker hospital, Sfax

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ABSTRACT

Diabetic cheiroarthropathy (DCA) is one of rheumatologic manifestations of diabetes mellitus especially the insulin-dependent and long-term variety which can significantly affect a patient's quality of life and it is observed in roughly 30% of diabetic patients with longstanding disease. The diagnosis is mainly clinical. Rehabilitation is the basis of care, in addition to better control of diabetes. It is imperative to remember that the presence of DCA is associated with being a predictor for other diabetes-related complications. We review a case of a 76-year-old male patient with type 2 diabetes mellitus who was diagnosed with DCA after complaining of limited movements of all joints in his hands and tightening of the skin. We examine how the diagnosis was made, the treatment administered, and the successful clinical outcome.