

# Injecting insulin through clothes may contribute to infection

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Image courtesy of Blausen Medical

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(HealthDay)—Insulin injections have been associated with non-tuberculous mycobacteria cutaneous infections and cutaneous mycobacteria may have a prolonged incubation period, according to a literature review and case study published in the April issue of *Clinical Diabetes*.

Rabia A. Ahmed, M.D., from the University of Alberta in Edmonton, Canada, and colleagues conducted a review of cases of *Mycobacterium immunogenum* skin infection reported in the literature and present a case study.

The researchers report on a case of a 47-year-old white woman with type

1 diabetes, a bleeding diathesis, and [iron deficiency anemia](#) referred to an infectious diseases physician for assessment of a painful, non-healing skin lesion. After an extended incubation period of 63 days (compared to the conventional [incubation period](#) of 49 days), cultures tested positive for mycobacteria spp.

"We speculate that the practice of injecting insulin through clothing may have been a contributing factor to infection in our patient because it is possible that the organism was present on her clothing with subsequent injection into skin," the authors write. "[Insulin injections](#) have been associated with non-tuberculous mycobacteria cutaneous infections, and injection techniques should be reviewed with patients to prevent these infections."

**More information:** [Abstract](#)  
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