

# THIN SKIN. WHAT IS IT?

The condition of fragile and thin skin is more common than you might think. Most of us develop thin skin on our lower legs and forearms, which is mainly due to advancing years.

## AGE

In practice, people first experience thin skin over the age of 60 and it gets worse the older we get. People in their 80's can find that their thin skin condition becomes very severe. Some people who buy on our e-commerce site suffer at least one skin tear per week.

## HEALTH

Thin skin can occur due to primary medical conditions such as the long term use of steroids, sun exposure, inflammatory skin disease, the long-term use of warfarin, and smoking can cause thinning or fragile skin.

## SKIN CONDITION

A deterioration in sweat and gland secretion impairs skin moisture.

## EFFECT ON MENTAL HEALTH

Possibly the worst result of all from such a minor bump is the loss of confidence; sufferers become very afraid of repeat injury. Moving around the house becomes a risky experience, walking the dog, gardening and playing a sport are often avoided with other consequences to our health.

## RESULTING WOUNDS

Thinning skin can be very easily lacerated or torn by just a minor accidental bump against something hard. The common wounds from having thin skin are known as 'skin tears' or 'skin flaps' and need to be treated professionally and urgently. An ambulance may need to be called for a visit to Accident and Emergency. Repeat treatment will be needed frequently, often going on for weeks. These skin tears can easily turn into leg ulcers which can take a year to heal with much inconvenience and pain.

