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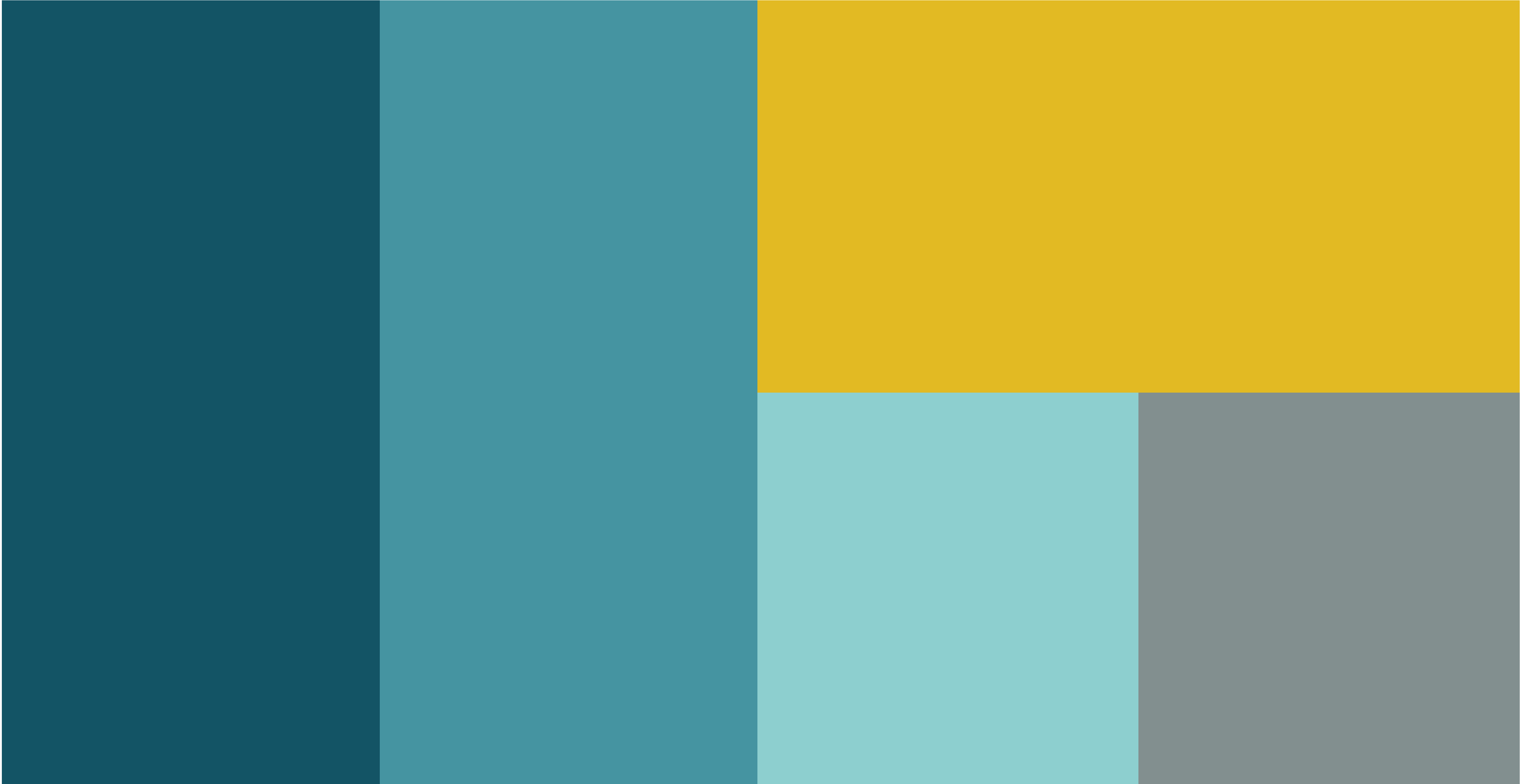
Horizontal Lockup with Tagline



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Vertical Lockup with Tagline





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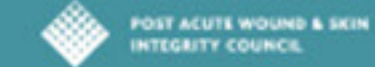


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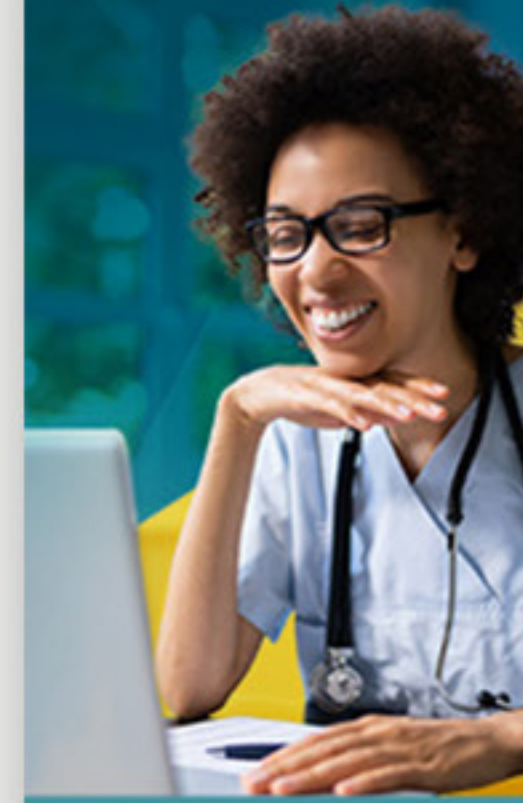


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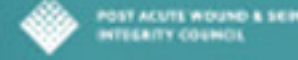
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Fragile skin, also known as thin skin or dermatoporosis, refers to skin that has experienced functional deterioration and thinning of the skin layers.¹



While age is the most common risk factor for fragile skin, other risk factors may include chronic actinic damage from prolonged UV exposure, genetic predisposition, and extended use of corticosteroids.²



Skin thinning, often associated with factors such as chronic topical steroid use, can cause loss of elasticity with increased fragility, a high risk of bruising, telangiectasia (also known as "spider veins"), and a dysfunctional skin barrier.³



To prevent or reduce the extent of skin thinning, the American Academy of Dermatology (AAD) recommends utilizing a gentle cleanser, daily moisturizer, and consistent sunscreen application. It is also recommended to avoid extended sun exposure, smoking, and alcohol, all of which can exacerbate skin thinning.⁴



When choosing a sunscreen for thin skin, the AAD recommends using a broad-spectrum, SPF 30 or higher, water-resistant sunscreen. Pairing this with sun-protective clothing, such as a long-sleeved shirt, wide-brimmed hat, and UV-protection sunglasses, can help provide the most protection when in the sun.⁴



Hydroxy acid cleansers are beneficial in helping prevent skin damage and mitigating the onset of skin thinning.⁵



Keeping skin well hydrated is important for preventing skin injuries with thinning, fragile skin.⁶ The Cleveland Clinic recommends using a moisturizer that contains alpha or beta hydroxy acids or a high concentration of hyaluronic acid.⁵

These molecules work by encouraging the turnover of dead skin cells and promoting moisture retention to plump skin and decrease fine lines and wrinkles.⁷

Applying retinol topical creams can help restore elasticity and thicken collagen and elastin in the skin, which can ultimately help reduce the onset of thinning skin.⁵

