



EUROPEAN
ACADEMY OF
DERMATOLOGY &
VENEREOLOGY

Information Leaflet
for Patients

Prevention of osteoporosis



The aim of this leaflet

Osteoporosis, characterized by reduced bone density and increased fracture risk, is highly relevant in geriatric dermatology. Older adults with chronic inflammatory skin diseases or those receiving long-term systemic treatments, particularly corticosteroids, may be at increased risk of bone loss.

Fragility fractures may impair mobility, delay wound healing, and increase the risk of skin injury. Preserving bone health is therefore essential for maintaining independence, resilience, and optimal dermatologic outcomes.

Prevention of osteoporosis

Chronic inflammation, reduced physical activity, malnutrition, vitamin deficiencies, and taking several medications may accelerate bone loss in older dermatology patients.

Why osteoporosis matters in dermatology

Osteoporosis may lead to:

- Increased risk of falls and fractures
- Delayed wound healing
- Skin tears and bruising
- Reduced mobility and frailty
- Complications related to long-term corticosteroid therapy

What you can do to protect your bones



While every effort has been made to ensure that the information given in this leaflet is accurate, not every treatment will be suitable or effective for every person. Your own clinician will be able to advise in greater detail.