EUROPEAN ACADEMY OF DERMATOLOGY & VENEREOLOGY

Information Leaflet for Patients

Prevention of sarcopenia (age-related muscle loss)

The aim of this leaflet

Sarcopenia, the age-related decline in muscle mass and strength, is increasingly relevant in geriatric dermatology. Older adults with chronic inflammatory skin diseases or those receiving long-term systemic treatments may be at increased risk of muscle loss. Reduced muscle strength contributes to falls, delayed wound healing, and increased skin injury. Preserving muscle health is therefore essential for maintaining mobility, resilience, and overall dermatologic outcomes.

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Prevention of sarcopenia in geriatric dermatology

Chronic inflammation, sedentary behaviour, malnutrition, metabolic imbalance, and taking several medications may accelerate muscle loss in older dermatology patients.

Important disclaimer: This brochure provides general guidance only and is not a substitute for individualized medical evaluation or treatment.

Why sarcopenia matters in dermatology

Sarcopenia may lead to:

- Increased risk of falls and fractures
- Skin tears and easy bruising (age-related bruising)
- Pressure injuries (skin damage caused by prolonged pressure, such as bed sores)
- Delayed wound healing and higher risk of skin infections
- Reduced recovery after dermatologic procedures

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.

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