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Prevalence of fragile skin in Russia

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Objective: The objectives of the current study were to assess the prevalence of perceived fragile skin in Russia and to identify skin characteristics associated with perceived fragile skin.

Methods: A cross-sectional survey, using an online self-administered questionnaire was conducted in Russia. Participants were selected according to the national quota method (gender, age and geographical region). Data collected consisted in skin appearance, symptoms, skin diseases and treatment, living environment and climate.

Results: 604 participants were included in Russia. 55.0% were female and mean age was 42.4 ± 12.6 years. Almost all participants (93.9%) had Caucasian skin and 46.2% of subjects reported having thin skin. With regard to living environment and climate, 80.1% of subjects were frequently exposed to wind, 75.3% to cold, 69.7% to sun and 71.2% to stress. The prevalence of perceived fragile skin was 45.9% (95% CI, 41.8; 49.9%) and more females than males perceived their skin to be fragile, 70.4% vs. 29.6% ($P < 0.0001$). Subjects with perceived fragile skin reported thin (66.4% vs. 29.1%; $P < 0.0001$), easily wrinkled (48.0% vs. 26.9%; $P < 0.0001$) and transparent (31.8% vs. 8.6%; $P < 0.0001$) skin. They reported also skin symptoms as dryness (86.3% vs. 56.3%; $P < 0.0001$), tightness (72.9% vs. 37.3%; $P < 0.0001$) and redness (63.2% vs. 36.4%; $P < 0.0001$). More frequently pigment spots (42.6% vs. 20.8%; $P < 0.0001$) and acne (24.6% vs. 11.9%; $P < 0.0001$) were reported in skin diseases.

Conclusion: This study shows that, regardless of skin type, a substantial proportion of the general population of Russia perceive their skin as fragile. Moreover, fragile skin was perceived more frequently in women.

Biography

Saint Aroman M has completed her Medical School in 1996 in Prague, Czech Republic. She is a Member of European Academy of Dermatology and Venereology (EADV) and ISPD (International Society of Pediatric Dermatology). She has published more than 15 articles and posters on international level.

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