



Easy Bruising

Easy bruising is rarely caused by an inherited bleeding disorder, in most cases this finding will be benign. Quite often a specific cause may not be found and an approach to rule out serious causes is the feasible way to investigate.

Personal and family history of bleeding should be inquired about.

Asking about medications and alcohol history is also useful.

There are many medications which can *cause easy bruising* including anticoagulation, antiplatelets, NSAIDS, antidepressants, also the use of long term steroids.

Other Causes

- Vitamin C deficiency
- Bruising is also common in the elderly due to reduced skin tone and thickness (senile purpura).
- Hypermobility syndrome

Please also remember non-accidental injury and abuse.

Tests for easy bruising to consider are

- Full blood count and blood film
- Coagulation screen
- Renal and liver function
- TSH

Management depends on the cause. If there is a clinical concern about an inherited bleeding disorder, please send a clinical query through advice and guidance.