What is EB?

Epidermolysis bullosa (EB) is a rare, lifelong genetic condition that causes the skin to blister or tear at the slightest friction or trauma, even from seams in clothing, a light touch, or eating certain foods.

Key facts

- EB is caused by faults in the genes that hold the skin's layers together.
- There are different types of EB, ranging from severe to life-limiting.
- There is no cure, but research is ongoing.
- Living with EB can require daily bandaging, specialist care, and emotional support.

People with EB may live with:

- Ongoing pain and discomfort
- Risk of infections and wounds that don't heal easily
- Reduced mobility and frequent hospital visits
- Challenges with eating, school, employment, and social inclusion
- Despite these challenges, people with EB show remarkable resilience and lead full lives, with the right support.

How you can help

- Learn more about EB and share what you've learned
- Support the EB community through fundraising or donations
- Turn your clothes inside out to start a conversation

debra Australia.

inside out

debra.org.au/insideout

Share your photos on social media with the hashtag #InsideOutforEB