



Age spots



Age spots are skin blemishes that come with aging. All age spots are generally harmless. They are more a cosmetic issue than a medical one. It is important, though, to distinguish them from skin cancer.

SIGNS & SYMPTOMS

- Small or large, flat, freckle-like marks that are different shades of brown (liver spots). These most often appear on the arms, backs of hands, back, face, or shoulders.
- Brown or yellow slightly raised spots (seborrheic warts)
- Red, pinpoint blemishes (cherry angiomas)

CAUSES & CARE

Aging skin is thinner and more sensitive to the sun's rays. Small, dark patches appear in response.

In general, age spots do not need medical treatment. A doctor can freeze an age spot with liquid nitrogen or laser therapy, or remove it in a minor surgical procedure, if skin cancer is suspected.

PREVENTION

Reduce exposure to the sun. When you are outdoors, use a sunscreen with a sun protection factor (SPF) of 30 or higher.



SELF-CARE

Make Age Spots Less Noticeable:

- Avoid or limit sun exposure.
- Stay well hydrated to help prevent skin dryness and reduce the appearance of age spots.
- Apply a skin serum that contains antioxidants.
- Apply lemon juice twice a day to age spots.
- Use fresh aloe gel on spots. Do this twice a day for a month.
- Use a mild, moisturizing make-up.

CONTACT DOCTOR WHEN

- You suspect the spots are skin cancer.
- An age spot bleeds, itches, or tingles.
- You have bothersome age spots that resist fading after using self-care.
- You want advice on removing age spots and other skincare therapies.