What are Age Spots or Liver Spots?

There are many types of brown spots which can occur on the skin. Typically the term liver spot is used to describe the flat brown spots which are noted on the back of the hand as one ages. If they are flat, it is often a freckle like spot called a lentigo. These brown spots are often worsened by sun exposure. Thus, sunscreen on a daily basis is a must to reduce the darkness of these lesions. Also a laser like therapy called photo rejuvenation can be utilized to help improve the color.

Other common brown spots are moles, freckles, and seborrheic keratosis. Moles can occur anywhere on the body and usually occur in youth and stop occurring after about the age of 30. Freckles are related to sun exposure as they are noted on the sun exposed sites like the face, shoulders and upper extremities. They occur in the youth, but may persist into adulthood. The seborrheic keratosis are waxy brown rough spots which start after the age of 30 and increase in number as we get older.

The worrisome aspect of brown spots is when melanoma, a cancerous growth of the skin, occurs. For this reason we recommend each person to get a skin cancer screening exam once a year. Most skin cancers have no pain, bleeding or other symptoms in the initial stages so a visit can catch cancer early. Skin cancer is most treatable if caught early.

Call our office at (574)522-0265 right away and schedule your skin cancer screening exam. No referral is needed.

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