

Common Benign Skin Lesions

Every day during clinic I get asked to check various lesions on patient's skin. This is a list of the most common benign skin lesions my colleagues and I see in the office.



Seborrheic Keratosis (Wisdom Spots)

These are the most common benign growths in older adults. They appear as one or more brown, raised warty bumps. With time the lesions can grow thicker and larger and appear to be stuck on the skin. These lesions do not have to be treated if not bothersome, however if irritated patients can have them removed. The most common way of removing is with liquid nitrogen (the cold spray).

Angioma

These are overgrowths of blood vessels in the skin. There are several different types. Cherry Angiomas appear as red dots on the skin. They mainly occur on the trunk and increase in number after age 40. Spider Angiomas appear as a central red dot with surrounding smaller blood vessels (resembling a spider). These typically appear after pregnancy or when liver function is poor. Venous lakes typically

occur on the lips and usually appear blueish purple but also can appear red as well. Angiomas do not have to be removed but if the patient has problems with irritation or bleeding it can be removed easily with electrocautery or laser.

Dermatofibroma

These lesions typically occur due to trauma (insect bites, folliculitis, cuts, ect.). They typically occur as single bumps most commonly on the legs (but can occur anywhere on the body.) They typically will feel hard and will have a dimple when pinched. These lesions are usually asymptomatic but can be painful or itchy. If removal is desired because of symptoms then it can be surgically removed. Shave removal and cryotherapy can be tried but recurrence is common.

Sebaceous Hyperplasia

These are common overgrowths of the sebaceous glands. These usually occur on the face but can occur on other sites. Sebaceous hyperplasia typically appear as small yellowish bumps. They can be single or multiple. These can be removed by liquid nitrogen, cautery, shave removal, or laser. These can mimic basal cell carcinomas and should always be biopsied if unsure.

Lentigos

These are small pigmented flat spots on normal appearing skin. There are many different variants. Solar lentigos are the most common. These are caused by sun exposure and therefore are typically distributed in sun exposed areas. These slowly increase in number and size over time and typically appear in 30-50 year olds. Cryotherapy, bleaching cream, and laser are the most common ways to remove solar lentigos.

(cont.)

I hopes this helps in reassuring you regarding on the many benign growths. But always remember if ever in doubt- come see us! Please call to schedule an appointment and one of our providers would be happy to assist you.

-Ashley Carriveau PA-C



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