

WEISSMANN MEHREL
DERMATOLOGY

Common Benign Growths

Benign growths on the skin are common. They can arise in various colors, shapes, and numbers. Several factors influence their development including the body's natural aging process, accumulated skin damage from sun exposure, and an individual's genetic predisposition. A range of treatment options are available for their removal: electrocautery (burning), cryogen therapy (freezing), curettage (scraping), extraction, or snipping with scissors.

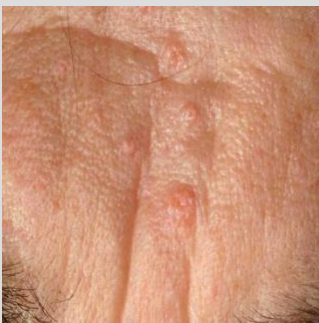
Skin Tags

Skin-colored growths that appear to be tethered at the base to the skin surface are known as skin tags. They can vary in size and tend to be found on the neck, underarms, and chest. These can be easily snipped with sharp instruments or cauterized.



Sebaceous Hyperplasia

Yellowish growths caused by enlarged oil glands and oily skin are symptomatic of a condition known as sebaceous hyperplasia. These can be cosmetically removed by burning and extraction.



Dermatosis Papulosa Nigra

Small black or brownish dot like growths known as DPNs are more common in patients with a genetic predisposition. These can be removed, or their appearance can be minimized through burning or scraping.



Milia

Small cysts can arise from hair follicles and are called milia. These growths are commonly found on eyelids and cheeks and can be cosmetically removed by extraction or burning.



Seborrheic Keratosis (SK)

The most varied of the benign growths are SKs which are patchy areas of discoloration.

Usually due to aging and genetic predisposition, these show up in different shapes, colors, and sizes and become itchy and irritated. Treatment options include freezing, burning, or scraping.



Angioma

Raised red or purplish vascular angiomas can range in size from a pinhead to a pencil eraser. Though benign, these small rounded bumps are made up of bundles of small blood vessels and they can bleed which may necessitate removal. Burning or shaving offers the best treatment option.



Lentigo

Brownish flat lesions known as lentigines are a byproduct of accumulated sun exposure in aging skin. Often called sun or liver spots they can be cosmetically removed to improve appearance through freezing, peeling, and laser treatments.



Removal of benign skin lesions is considered cosmetic in nature. Medicare and commercial insurances may cover the evaluation visit, and if needed, may cover a biopsy to confirm the diagnosis. However, subsequent removal treatments are the patient's financial responsibility.

