Seborrheic keratoses (SKs) are common, non-cancerous lesions that grow on the epidermis (outer layer of the skin) and can develop on any part of the body. SKs usually begin as rough, itchy bumps and can thicken and darken to a brown or black color over time. They are usually round- or oval-shaped growths with an elevated, rough surface and sometimes seem to be glued to the skin or dropped on like candle wax. Though they may appear to spread, SKs are not contagious. There is no known cause of SKs to date, but the lesions become more common with age. They are not believed to be caused by the sun’s ultraviolet rays and do not have a higher chance of turning into skin cancer, including melanoma. SKs are not a sign of serious health issues except in very rare instances, when they can develop suddenly in very large numbers and can be associated with internal malignancies. Although harmless, SKs should be observed regularly, like the rest of your skin, for any changes in size, shape or color. Any growth that bleeds, itches or becomes irritated should be checked by a dermatologist.

Treatment Options
Seborrheic keratoses cannot be prevented or cured by medications or creams. Dermatologists often diagnose and treat SKs based on clinical appearance, but sometimes a skin biopsy is needed. After a dermatopathologist assesses your skin tissue under a microscope and determines the lesion is an SK, your dermatologist will discuss several treatment options with you. Your treatment may vary based on the location and size of the lesions, taking your age and general health into consideration. Common treatment options include shave removal (cutting off the lesion with a small, flat blade under local anesthesia), cryosurgery (freezing the lesion with liquid nitrogen), curettage (scraping the lesion from the skin) and/or electrosurgery (burning the lesion off with electric current). Since SKs are superficial lesions, their removal causes minimal scarring. Your dermatologist will help you decide which option is best for you.
What To Look For And How

Spotting changes in current moles and/or developing lesions early on can help prevent the development and spread of skin cancer. It is important to know what to look for and how to look for it when dealing with early skin cancer detection.

Every month, inspect your entire body for any skin changes and routinely visit your dermatologist for a complete skin examination. Early detection of melanoma can be lifesaving because this cancer may be curable in its early stages. Any irregularity in an existing or newly developed pigmented skin lesion could be a sign of melanoma and should be examined immediately by your dermatologist. These irregularities may include asymmetry, an uneven border, color variations, diameter of more than 6mm or evolving changes of the lesion – all of these irregularities are covered in the ABCDEs of melanoma. If you notice any of the following irregularities in current skin lesions, see a dermatologist immediately.

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**STEP 1**
Examine your body front and back in the mirror, then right and left sides, arms raised.

**STEP 2**
Bend elbows and look carefully at forearms and upper arms and palms.

**STEP 3**
Look at the backs of legs and feet, spaces between toes and soles.

**STEP 4**
Examine back of neck and scalp with a hand mirror. Part hair for a closer look at scalp.

**STEP 5**
Finally, check back and buttocks with a hand mirror.

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Dermpath Diagnostics is exclusively focused on providing exceptional dermatopathology services. Our commitment to dermatopathology is backed by an unrivaled team of over 90 board-certified dermatopathologists, advanced diagnostic technologies and a proficient support team dedicated to serving you, your staff and patients. Our mission is to provide accurate, clear and prompt diagnoses. Through the development of strong consultative relationships with each of our referring clinicians, together we will provide the best possible care for every patient.

To learn more about the services Dermpath Diagnostics provides and to obtain more information on common skin disorders, please visit us at DermpathDiagnostics.com.