



Daily Care Tips

- Daily sunscreen can limit additional UV exposure
- Diligent aftercare including gentle washing, moisturizing, and appropriate creams
- Frequent skin checkups can be beneficial in treating Actinic Keratoses earlier on



HUMMADI HEALTHCARE

Contact Us

 (905) 823-3615
 (905) 823-9995
 info@hummadihealthcare.com
 @dryasminhummadi
 hummadihealthcare.com
 #209B - 3075 Hospital Gate, Oakville



When should I seek help?

You should seek medical advice if:

Actinic keratoses is painful or bothering you
Over-the-counter products aren't helping
Actinic keratoses is affecting your confidence or mood

Actinic Keratoses, Clarified



What causes Actinic Keratoses?

Some of the most common causes we see

- Cumulative UV exposure
- This can be from the sun directly or from tanning beds

Myths to know

They are not just harmless age spots

Treatment is in fact necessary

Actinic Keratoses does not only affect older or fair-skinned people



What is Actinic Keratoses?

Precancerous skin lesions (patches)

- Rough and scaly
- Lighter and not as flat as age spots

Left untreated, they can become aggressive squamous-cell carcinoma

Common areas affected

- Face
- Scalp
- Ears
- Hands

The mental connection:

Actinic Keratoses doesn't just affect your skin

Cancer concerns can heighten anxiety levels and affect behaviour in these states.

Stressed mental and physical behaviour patterns negatively affect recovery and tend to facilitate cancerous growths.

Ask us how Actinic Keratoses can be weighing on the rest of your health. Anxiety is characterized by a feeling of apprehension and increased physical tension when a person anticipates a perceived danger or misfortune. Muscles tense, breathing becomes faster, and the body's recovery and immune systems can be affected.

Sleep deprivation or insomnia arise from an inability to achieve restorative sleep. This can cause impairments in cognitive function, as well as clinical distress and an impact on physical recovery and health, aggravating skin conditions and inhibiting healing processes.