



Daily Care Tips

- Treatment is not needed unless you experience irritation
- Bandage if clothing or other friction begins to irritate
- Avoid picking or removing growths, this can cause scarring or infection



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When should I seek help?

You should seek medical advice if:

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

Seborrheic Keratoses, Clarified



What causes Seborrheic Keratoses?

Some of the most common causes we see

- Genetics
- Aging (most common after 50)
- Excessive sun exposure

Myths to know

Not a result of poor hygiene

Home remedies are not effective

Seborrheic Keratoses is not cancerous



What is Seborrheic Keratoses?

A benign skin growth

- Often looks "stuck on"
- Seborrheic Keratoses is non-contagious

Common areas affected

- Trunk
- Face
- Neck

The mental connection:

Seborrheic Keratoses doesn't just affect your skin

Anxiety about its nature and cancer concerns can elevate stress levels, impacting sleep, recovery, and focus.

Further, the visual prominence can cause some confidence issues.

Ask us how your Seborrheic 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.

Social discomfort, or social anxiety, is a fear of social situations in which embarrassment may occur or where someone may be seen negatively by others. This can be heightened when someone perceives flaws in themselves, which can often be the case with various skin diagnoses.