

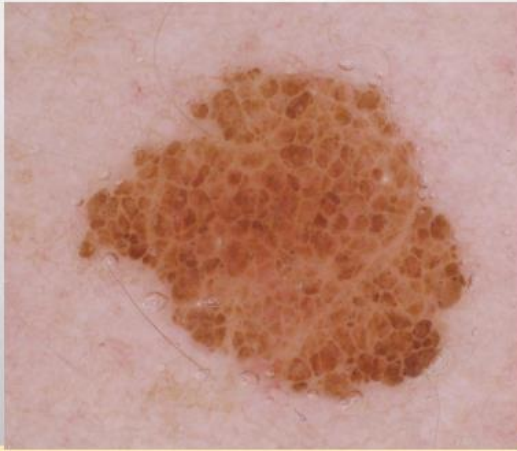
Benign skin lesions

Dr Bela

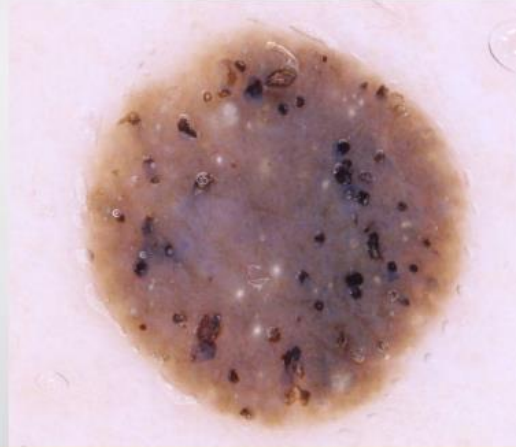
OnlineMoleCheck.com

The most frequent benign lesions on the skin

Nevus (mole)



Seborrheic
keratosis



Angioma



2

1

3

Seborrheic keratosis

Seborrheic keratosis is the most common, non-cancerous skin growth that older adults often get. They look like waxy, brown, black, or tan growths that appear stuck on the skin. Sometimes they can look like melanoma, a serious skin cancer.

However, there are differences:

1. Texture and Appearance: Seborrheic keratosis often has a waxy or wart-like texture and looks like it's sitting on top of the skin. Melanoma usually blends into the skin and has an irregular shape and color.

2. Growth and Change: Seborrheic keratosis doesn't change much over time. Melanoma can change in size, shape, or color, and might bleed or itch.

3. Borders and Color: Seborrheic keratosis usually has a well-defined border and uniform color. Melanoma often has uneven borders and multiple colors.

It's important to get any new or changing skin growths checked by a doctor, especially if they look like melanoma. Early detection is key for treating skin cancer effectively.



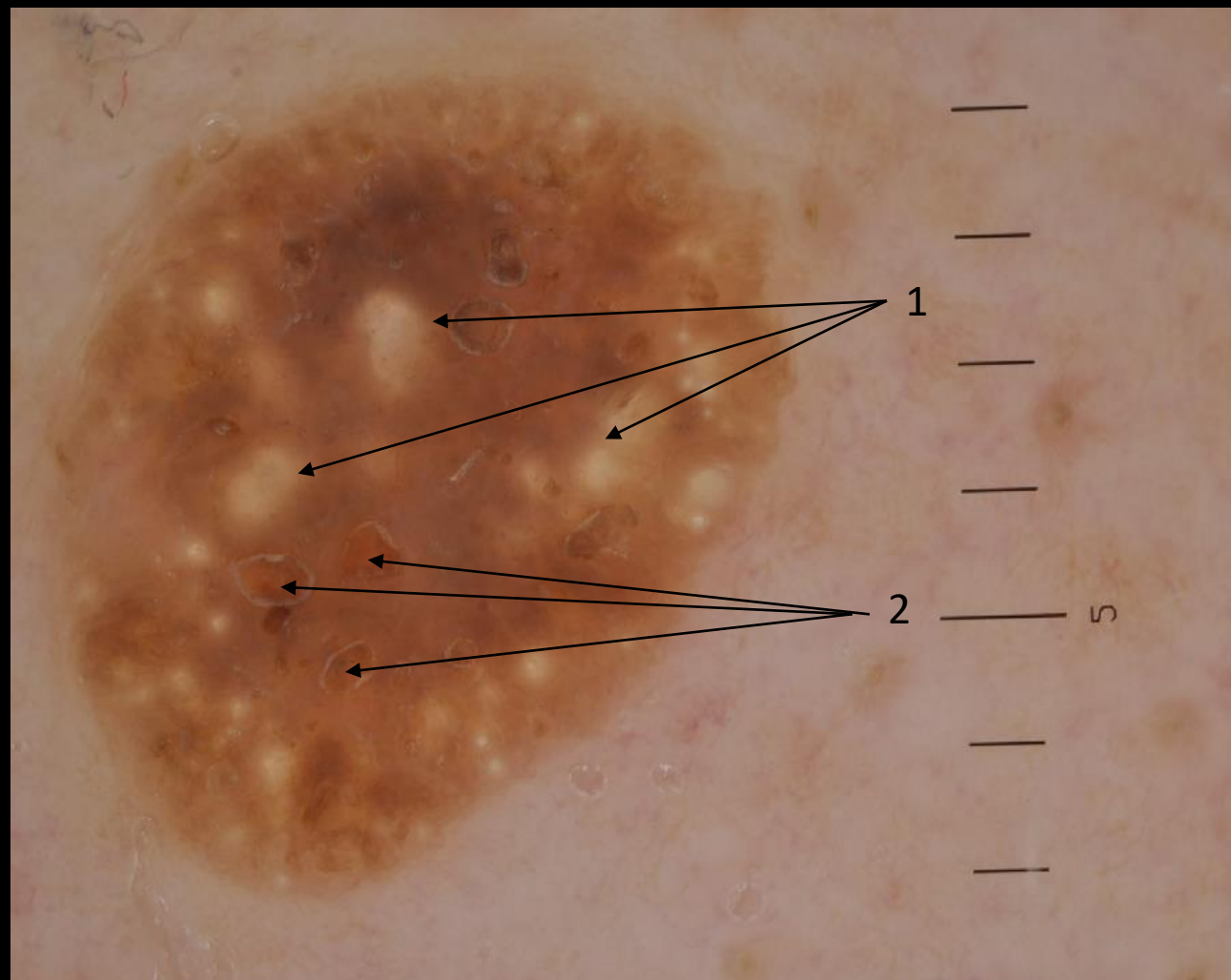
Seborrheic keratosis

When you check your skin with a home dermatoscope, a typical seborrheic keratosis usually shows some clear features:

1. Cysts that look like tiny white beads (milia-like cysts)
2. Small openings that resemble blackheads (comedo-like openings)
3. Borders that are well-defined and sharp

If you can't see these patterns clearly with your home dermatoscope, it's wise to be cautious and upload your case for medical assessment.

Look at the next image for more clues.

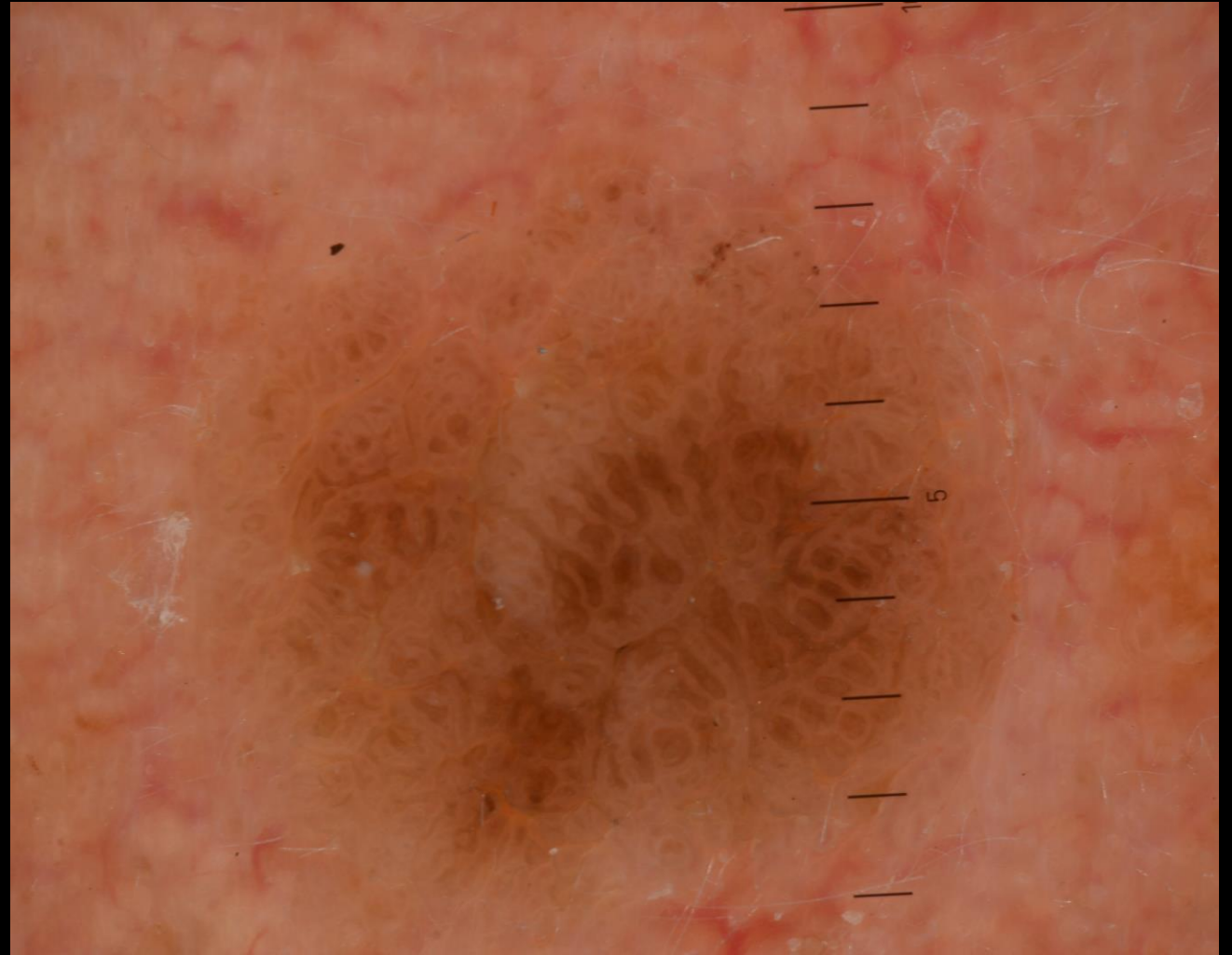


Seborrheic keratosis

Another clue for identifying seborrheic keratosis with a home dermatoscope is its brain-like texture, known as a cerebriform pattern.

If you can't spot the usual signs clearly with your home dermatoscope, it's a good idea to be careful and submit your case for medical assessment.

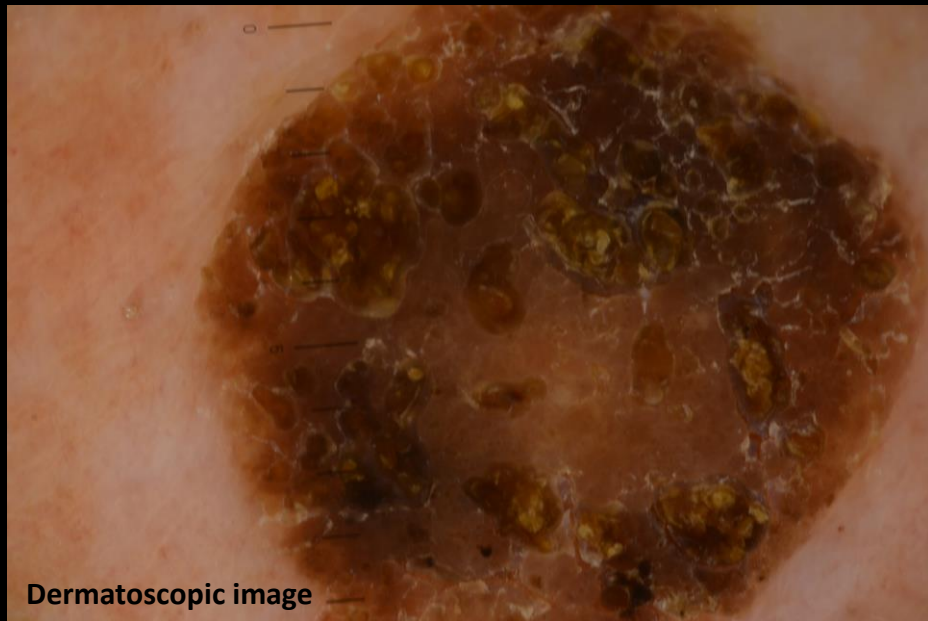
Check out the following image for additional hints.



Seborrheic keratosis

These are all seborrheic keratoses.

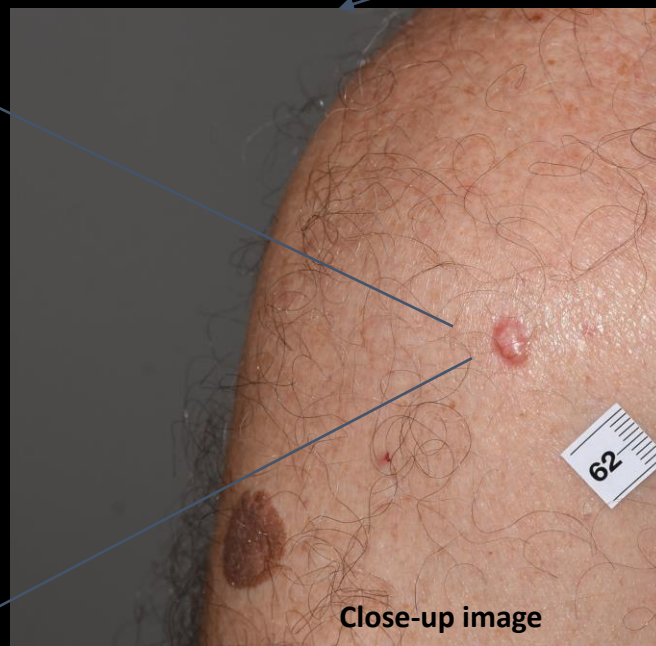
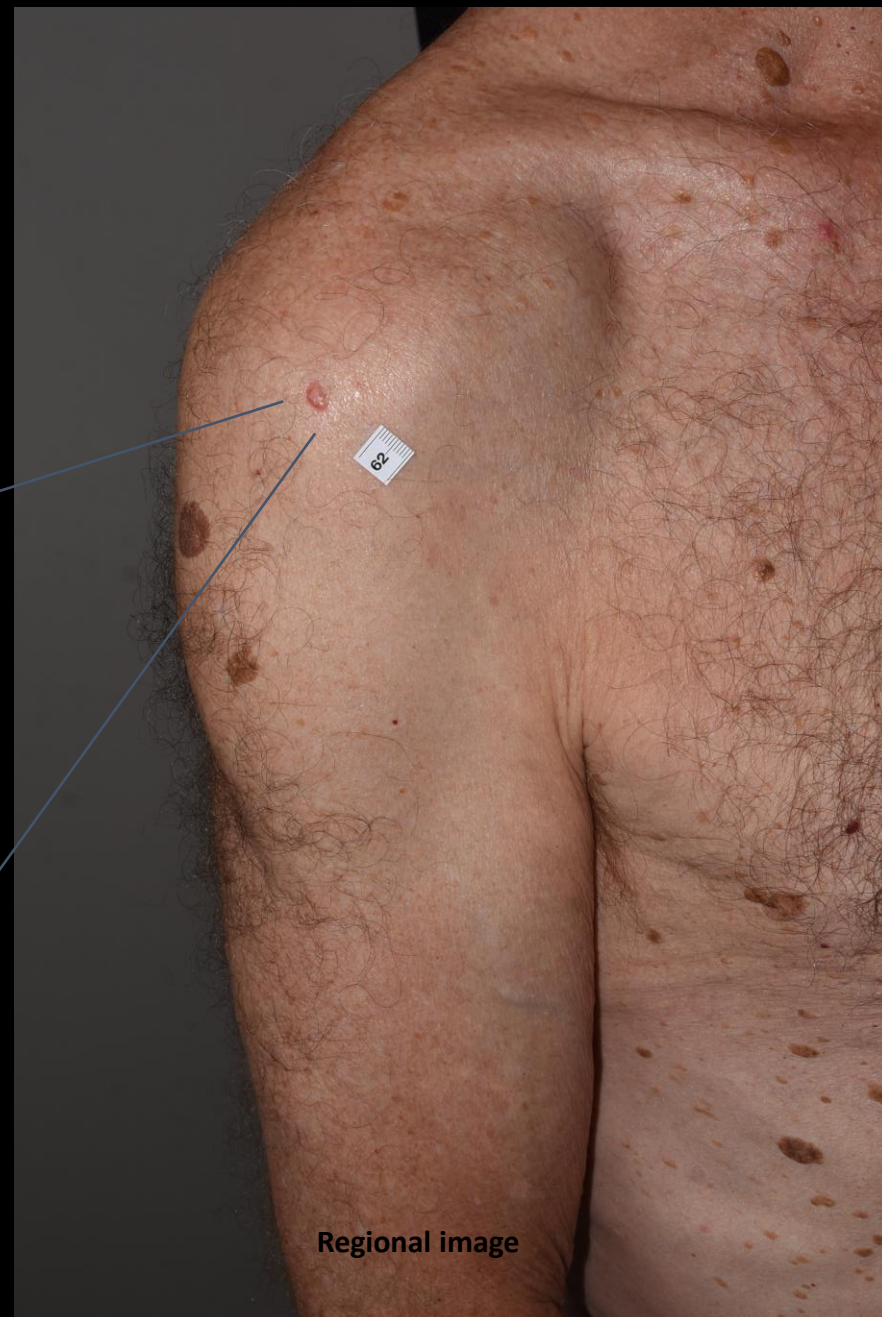
Check the next image for a melanoma pretending to be a seb. keratosis.



Seborrheic keratosis

These are seborrheic keratoses, **BUT**

there is one, reddish, shiny skin lesion there with atypical vessels under a dermatoscope, which is a Basal Cell Carcinoma (type of skin cancer. See more in the Malignant skin lesions document.)



Dermatoscopic image

Close-up image

Regional image

Seborrheic keratosis??

NONE of the well know clues are visible with a home dermatoscope.

This case should be suspicious and uploaded for medical assessment.



Close-up image



Dermatoscopic image

This is a malignant melanoma

Nevus (a mole)

A **normal mole, also called a nevus**, is the second most common skin lesion. It is a small, often round area of colored skin. Moles are common and usually harmless. They can be flat or raised, and range in color from pink to brown or black. Most moles are smaller than the width of a pencil eraser and have a smooth, even color and well-defined borders.

It's important to know that moles can change over time. They can get darker, grow hair, become raised, or even disappear. These changes are usually normal. However, if you notice a mole that's different from others or changes in size, shape, or color, it's important to check it with a doctor. An atypical mole can sometimes look like melanoma, a type of skin cancer. Melanoma might have uneven borders, multiple colors, or an asymmetrical shape.

If you're ever in doubt about a mole, it's best to have it checked by a doctor, especially if you notice:

- Asymmetry: One half of the mole doesn't match the other.
- Border: The edges are irregular, ragged, notched, or blurred.
- Color: There is a variety of colors or shades within a single mole.
- Diameter: The mole is larger than 6mm across (about 1/4 inch, or the size of a pencil eraser). It is a soft rule: a melanoma can be smaller than this.
- Evolution: The mole is changing in size, shape, or color.

Remember, regular skin checks are a key part of keeping skin healthy, especially if you have a lot of moles or a history of skin cancer in your family.



Close-up image



Dermatoscopic image

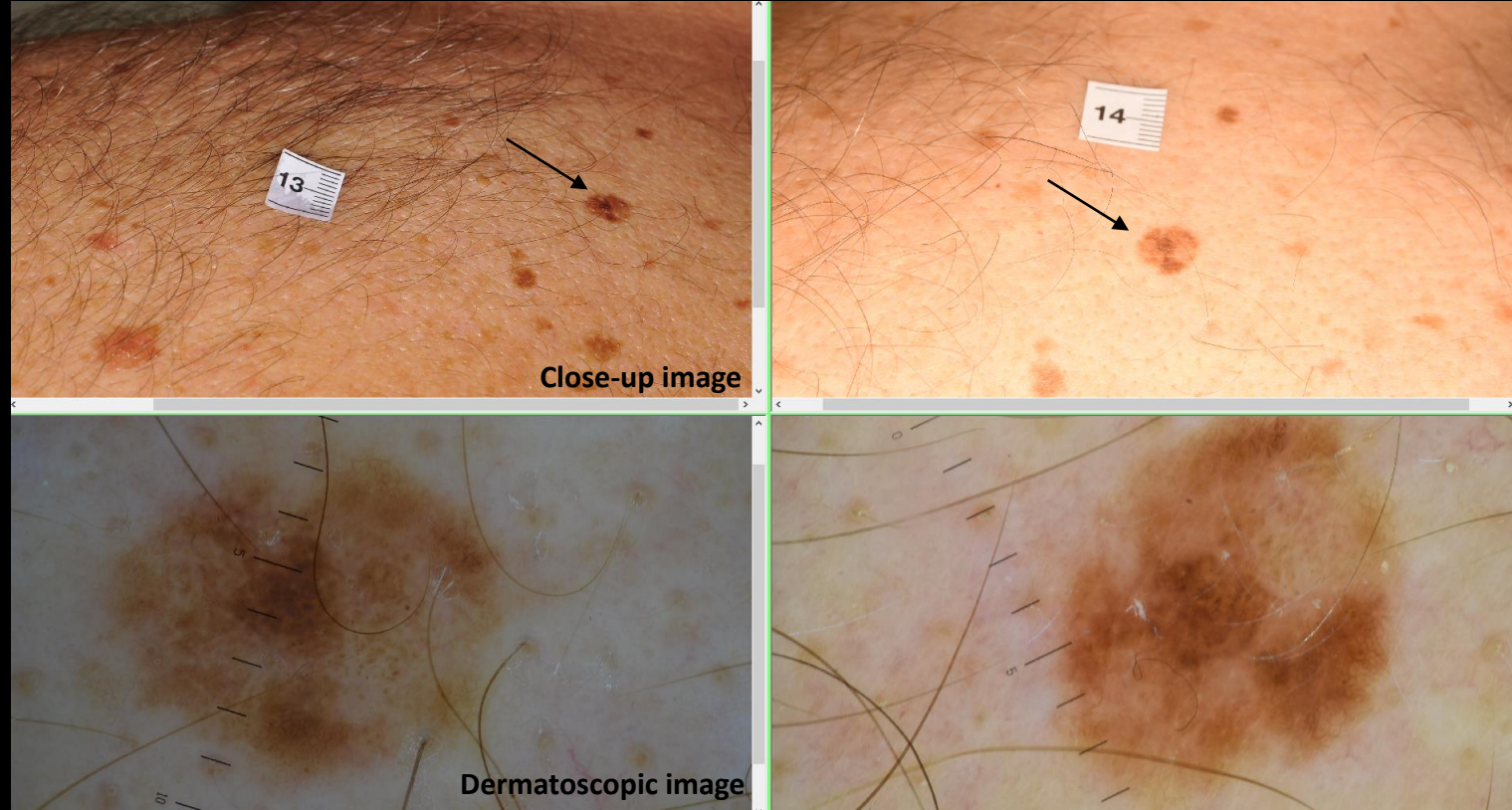
Atypical moles

Atypical moles, also known as **dysplastic nevi**, are unusual looking moles that can resemble melanoma, a kind of skin cancer. These moles are generally larger than normal moles and have irregular and often indistinct borders. Their color might not be uniform, with different shades of brown, tan, or pink. They can be flat or raised and sometimes have a patchy or pebbly appearance.

While atypical moles are often benign, they can be a melanoma in disguise. So, it's crucial to keep an eye on them or check them out with a doctor if there is any doubt. Here's what you should watch out for:

- Changes in size: If the mole grows or its raised part becomes more elevated.
- Evolving shape: If the mole changes from a regular to an irregular shape.
- Color changes: If new colors appear or its color spreads into surrounding skin.
- Surface changes: If it starts to itch, becomes scaly, or you notice oozing or bleeding.
- Feeling changes: If the mole starts to feel different, like becoming tender or painful.

If an atypical mole shows any of these changes or if you're unsure about a mole, it's important to have it examined by a doctor. Regular skin checks are a good practice to catch any early signs of trouble. If there's any doubt, it's always better to get a professional opinion.



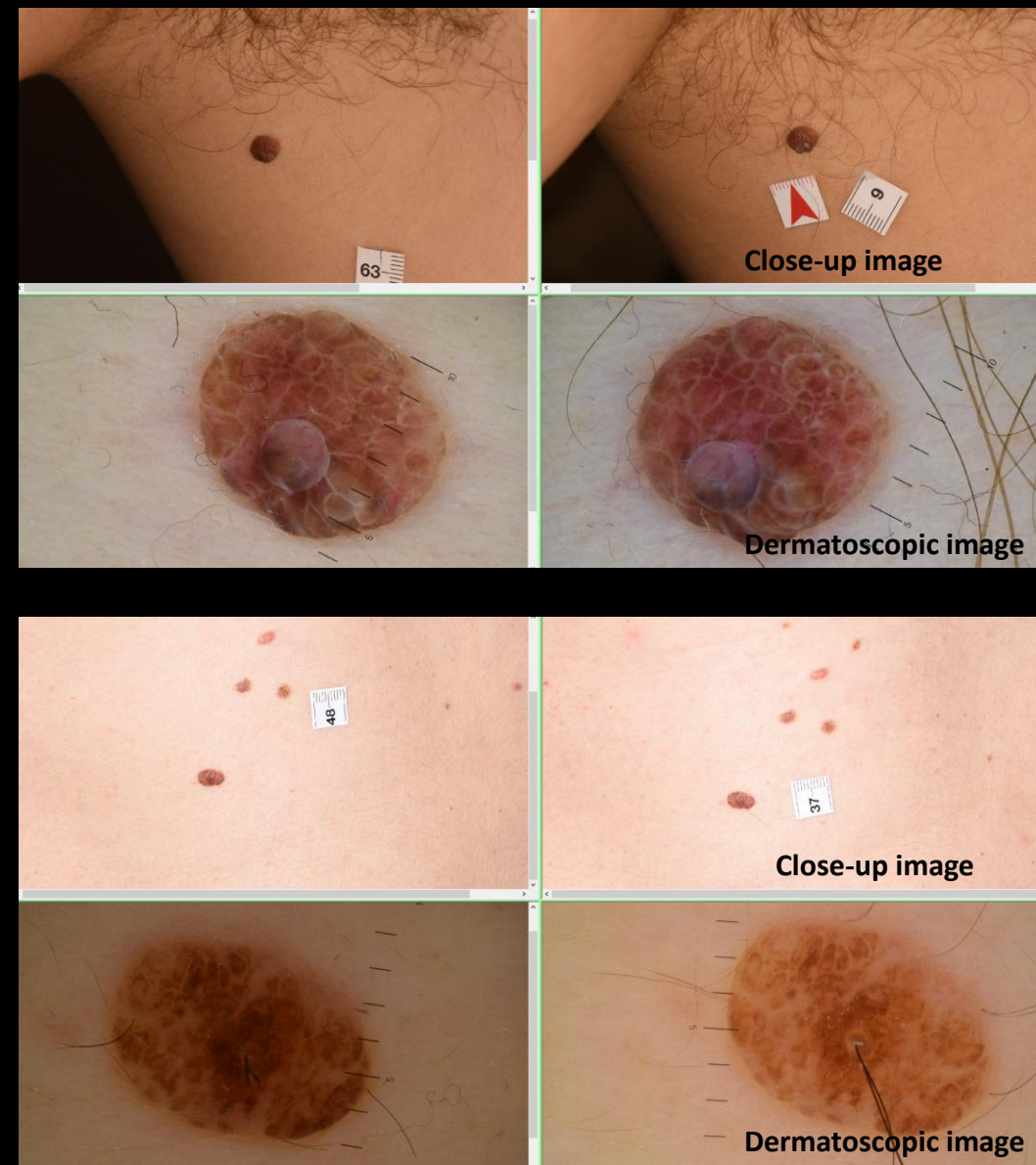
An atypical mole unchanged for 7 years

Moles (nevi)

These are all moles.



Mole with hairs



Unchanged moles

Angioma

Angioma is the third most common skin lesion. It is a small, benign growth on the skin that's made up of blood vessels, usually appearing as bright red spots. They're often called cherry angiomas because of their color and size. These spots can be smooth and flat or slightly raised. They're common and can appear on almost any area of the body.

Angiomas are generally not a cause for concern and don't turn into skin cancer. However, it's good to be aware of what they look like compared to melanoma, which can be life-threatening. Here's how you can tell them apart from melanoma:

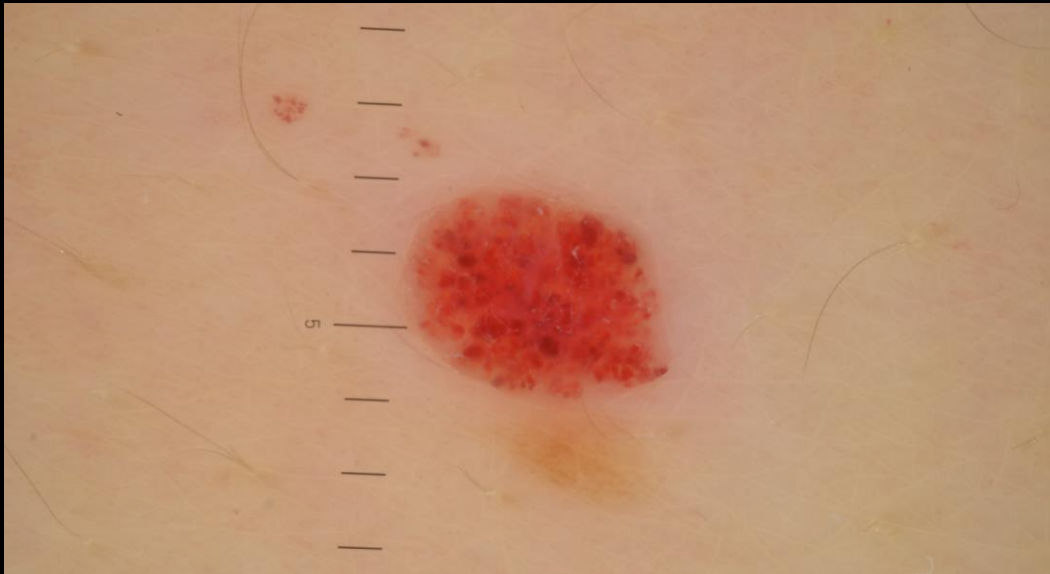
- **Color:** Angiomas are typically bright red due to the blood vessels, while melanoma can have various colors, including brown, black, blue, or a mix of colors.
- **Shape:** Angiomas are usually small and round with smooth edges, whereas melanoma may have asymmetrical shapes and irregular borders.
- **Size:** Angiomas are often small, about the size of a pinhead, and don't change much over time. Melanoma can grow and change quickly.
- **Surface:** Angiomas tend to be uniform in texture and not scaly or rough, which can sometimes be the case with melanoma.

It's always important to monitor any changes in your skin, and if you see anything growing or changing, or if you have any doubts, it's best to get checked by a doctor. Remember, catching melanoma early can make a significant difference in survival.

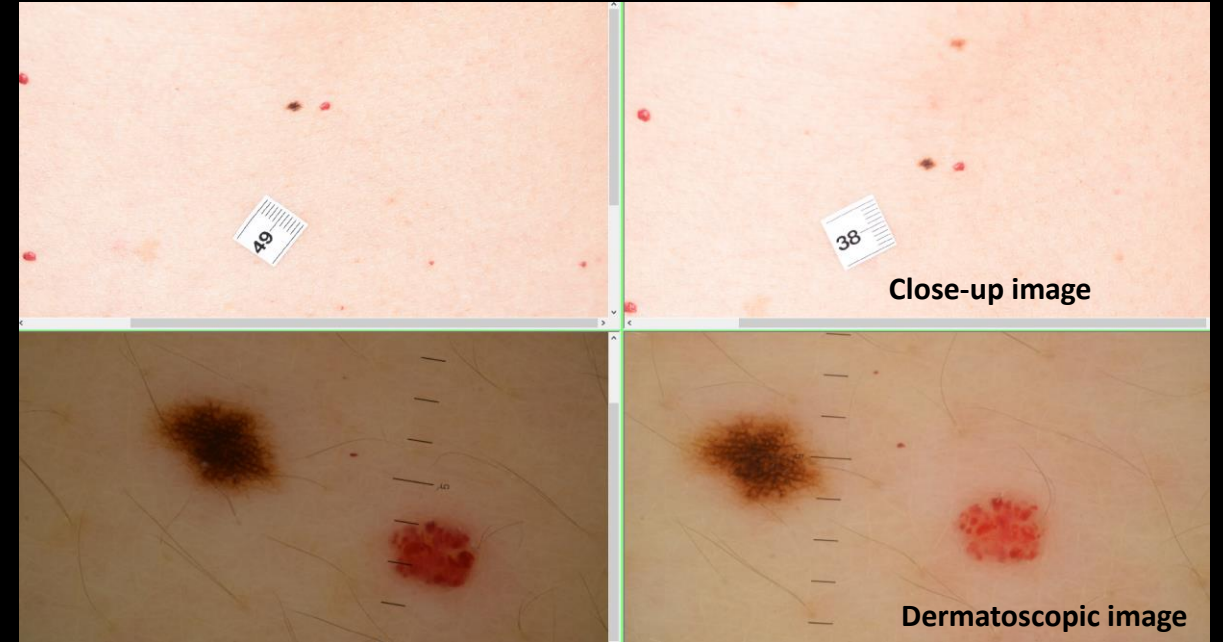


Angiomas

These are all angiomas.



An angioma under a dermatoscope



A mole and an angioma side by side unchanged in time

Dermatofibroma

A **dermatofibroma** is a common, non-cancerous skin lump that's usually found on the legs, but can appear anywhere on the body. It feels like a small, hard bump under the skin and can be brownish, reddish, or purplish in color, typically lighter at the middle. Sometimes, they might be mistaken for moles.

Here's how to tell them apart from melanoma, which is a serious form of skin cancer:

1. **Feel:** Dermatofibromas are firm to the touch, and the skin can dimple when you pinch them.
2. **Size:** They're usually small, less than half an inch in diameter.
3. **Growth:** They grow slowly and don't change much once they've formed.
4. **Color:** They tend to be a single color, unlike melanomas which often have multiple colors.

If you notice a new skin growth or any changes in an existing lump, such as growth which can be slow or color change, it's important to have it checked by a doctor. While dermatofibromas are typically harmless, any concerns regarding changes in your skin should be evaluated by a professional to rule out melanoma or other skin conditions.



A typical dermatofibroma unchanged in time

Blue mole

A **blue nevus** is a type of mole that has a distinctive blue or blue-black color. It's a non-cancerous skin growth that appears when pigment cells (melanocytes) go deep into the skin, looking blue because of the way light reflects from the pigment deep within the skin. These moles are usually small, round, and have smooth edges, and they can be found anywhere on the body.

Here are some points to help differentiate a blue nevus from melanoma, which is a serious type of skin cancer:

- Color: Blue nevi are evenly colored in shades of blue, while melanomas may have different colors, like brown, black, red, white, or blue.
- Size: Blue nevi are typically less than 6mm, about the size of a pencil eraser, and remain stable in size, whereas melanomas can grow and change slowly.
- Shape: Blue nevi have a uniform, round shape and a flat or slightly raised surface, while melanomas often have irregular, asymmetrical shapes with uneven borders.
- If you have melanoma in your personal history and a blue mole appears on your skin it must be checked out by a doctor.

It's important for people to be aware that if they find a new blue lesion or notice any changes in an existing mole, such as changes in size, shape, or color, they should get it evaluated by a doctor. While blue nevi are usually harmless, only a professional can provide a proper diagnosis and ensure that it is not melanoma or another skin condition.



Epidermal cyst

An **epidermal cyst**, often just called a skin cyst, is a small, round bump under the skin. It's like a tiny balloon filled with a soft, cheese-like substance called keratin. These cysts are common and usually appear on the face, neck, back, or genitals, but they can pop up anywhere on the body.

Here's what to know about epidermal cysts:

- Texture: They're typically smooth and firm, with a central opening that's sometimes visible.
- Color: The color is usually similar to your skin tone, but the center may appear white or yellowish if there's an opening.
- Size: They can range from pea-sized to a few centimeters across.
- Growth: They grow slowly and are not painful unless they become inflamed or infected.



Viral skin lesions

Viral skin lesions, such as warts, are caused by infections like the human papillomavirus (HPV). They often have a rough texture and may appear as small, grainy bumps on the skin. Warts can develop anywhere on the body but are commonly found on the soles of the feet, where they are known as plantar warts.

To differentiate a wart from a melanoma on the sole of the foot:

- Texture: Warts are typically rough and bumpy, while melanomas tend to be smoother with variable surfaces.
- Color: Warts usually look like the color of your skin or a bit darker. Melanomas may have multiple colors, including shades of brown, black, red, white, or blue.
- Borders: Warts have defined edges, and melanomas often have blurry or irregular borders.
- Sensation: Warts might cause discomfort or pain when walking, especially if they're on the soles of your feet. Early melanomas might not cause any pain.

While melanomas can grow at different rates, changes in a mole's appearance, such as growth, shape, or color, are important to notice. If you see any changes or have concerns about a lesion on your skin, it's best to consult a doctor for a thorough examination. Early detection is key to effective treatment and survival.



Close-up image



Dermatoscopic image

Check out our similar
presentation on malignant skin
lesions.

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