

## Seborrhoeic Keratoses

Seborrhoeic keratosis are very common, harmless skin lesions. They become more common with increasing age but are frequently also seen in young adults. They have a variety of clinical appearances and generally become thicker and more pigmented over time.

The cause is unknown but they often run in families. Some people develop large numbers of them. They are benign. They usually do not cause symptoms but can occasionally itch, bleed or catch on clothing.

Seborrhoeic keratoses can be removed with cryotherapy (freezing) or occasionally by shaving off with a scalpel under local anaesthetic. Rarely, they are excised (cut out under local anaesthetic) to confirm the diagnosis as some can be difficult to differentiate from melanoma. Dermoscopy reduces the likelihood that this will be required.

## Skin Tags

Skin tags are common, small, soft and harmless lesions that appear to hang off the skin. Skin tags develop in both men and women as they grow older. They are skin coloured or darker. They are most often found on the skin neck, groin, armpits and chest (particularly beneath the breasts in women). They are probably caused by friction and may run in families. They tend to be more numerous in obese persons and in those with type 2 diabetes mellitus.

Skin tags can be removed by cryotherapy (freezing), surgical removal or ligation (tying off).