



Lumps and Bumps on the skin

Common skin growths when younger:

- Moles - usually you will find moles will grow until your mid 20's, then you should acquire fewer new ones. You shouldn't grow new moles after the age of 45. A new mole after this age should be regarded as suspicious and should be checked by a qualified doctor.

Common skin growths as you get older:

- Seborrhoeic Keratoses - unsightly, with a stuck-on appearance often coffee-coloured. These are usually found on the back, chest, neck and face. On the back, they are usually lozenge-shaped. On the face, they can be irregular in shape.
- Haemangiomas / Campbell de Morgan Spots - little red dots, sometimes up to 5mm in size, but usually much smaller.
- Sun Damage - areas of flaky red skin, more blood vessels, with patchy pigmentation of the underlying skin. These can be individual and feel rough, or widespread giving the sun a bumpy surface.
- Moles - your moles will often become paler and dome-shaped.
- Skin Tags - harmless and most older people have a few under the arm, on the neck or in the groins.
- Lentigos - pale brown patches, these are produced by the skin after sun exposure.