

Brief description on liver spot (age spot)

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DESCRIPTION

Age spots are flat brown, gray, or dusky spots on the skin. They sometimes occur in sun-exposed areas. Age spots are also referred as liver spots, old freckles, star lentigines, or sunspots. Liver spots are a lot of commons in adults over fifty. However, anyone can get them. A person has lots of probability to get liver spots if they:

- Have light or fair skin tone .
- Have a history of severe sunburns.
- Take a regular sunbath.
- Use tanning beds

CAUSES AND TREATMENT

Age spots are the result of the body manufacturing excess melanin. Melanin is the pigment which provides skin color . Once the skin is exposed to daylight, the body produces additional melanin pigment to safeguard the skin from the sun's ultraviolet (UV) rays. The lot of melanin pigment made, the darker the skin becomes. Age spots seem once excess melanin pigment within the skin becomes clumped along.

Age spots could affect individuals of all skin varieties; however, they are a lot common in adults with light-weight skin. In contrast to freckles, which are common in kids and fade with no sun exposure, age spots do not fade.

Age spots:

- Occur on skin that has had the foremost sun exposure over the years, like the backs of hands, first-rate feet, face, shoulders, and higher back.
- Range from freckle size to regarding 1/2 in. (13 millimeters) across.
- Can cluster along, creating a lot of noticeable.

A doctor can determine age spots with a visible examination. They'll use a dermatoscope that could be a hand-held magnifying tool that medical professionals use to look at areas of skin.

In some cases, it will be tough to differentiate an age spot from malignant melanoma.

Age spots are harmless and don't need treatment. However, as a result of they will check carcinoma; a doctor must check them out.

Topical creams will lighten age spots. However, avoid lighteners that contain mercury, as they'll create a significant health risk. Skilled healthcare will visit and suggest a safe product. These creams lighten spots bit by bit over time. They will generally irritate the skin; therefore it's best to debate facet effects with a doctor before deciding upon the proper cream. Topical creams helps

to reduce the spots and itching in the skin. Analysis suggests that creams containing one or a lot of the subsequent ingredients could help azelaic acid Trusted supply:

- Vitamin E Trusted supply
- Vitamin C Trusted supply
- Alpha-hydroxy acid
- Copper chlorophyllin

The skin doctor could recommend one amongst the subsequent procedures:

- Cryotherapy deal with the treatment of abnormal cell in extreme low temperature.
- Laser surgery or intense periodical light-weight medical aid that involves the exploitation of high-intensity beams.
- Microdermabrasion, a non-aggressive treatment that includes exfoliating the skin

A chemical peel that involves brushing a chemical resolution onto the skin to exfoliate it, then peeling away the dead cells.

These removal techniques may build the skin additional sensitivity to daylight. Anyone WHO has undergone one of these procedures ought to take additional precautions within the sun and follow their doctor's recommendation.

Natural remedies might also facilitate lighten age spots. These include:

- Aloe Vera: Applying Aloe Vera to age spots day by day will lighten the marks.
 - Red onion: Results of 1 study indicate that dried Spanish onion skin could lighten age spots. Someone will seek topical creams that contain onion.
 - Orchid extract: flower extracts could lighten age spots. The extracts are ingredients in some skincare products.
- Some individuals use makeup to hide age spots. A skin doctor or cosmetics employee offers recommendations on the helpful products.
- To help avoid age spots and new spots when treatment, follow the following pointers for limiting your sun exposure:
 - Avoid the sun between 10 am and 2 pm as a result of the sun's rays are most intense throughout now.
 - Use ointment: Fifteen to half-hour before going outdoors apply a broad-spectrum ointment with a sun protection issue (SPF) of a minimum of thirty.

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