



OXONA
DERMATOLOGY

Age spots vs skin cancer: what's the difference?



As we grow older, there are a number of things that begin to worry us about our health.

One thing that does change drastically is our skin. As the largest organ we have, it's no surprise that signs of ageing begin to show. But, what is the difference between general ageing, and a worrying new mark on your skin?



What are age spots?

Age spots (also known as liver spots, solar lentigos or seborrhoeic keratoses) appear as flat, brown spots that typically appear on sun-exposed areas of the skin, such as the face, hands, shoulders, and arms. Some get thicker with time. They develop slowly and are harmless.

When should you be worried about new marks on your skin?

A new mole is worrying after the age of 45 yrs. Any new brown marks that have a reddish tinge can be suspicious. Any new mark that stands out and is different from all your other marks is concerning. Anything that is growing quickly is also a worry.



You should monitor moles using the ABCDE Rule to identify any signs of melanoma:

- A. Asymmetry:** If one half of the mole doesn't match the other half in shape or colour.
- B. Border:** Look for irregular, scalloped, or poorly defined edges.
- C. Colour:** Watch for moles that have multiple colours or an uneven distribution of colour.
- D. Diameter:** Moles that have recently grown to more than 6mm (about the size of a pencil head) are more concerning.
- E. Evolving:** Pay attention if a mole changes in size, shape, colour, or elevation, or if it starts to itch, bleed, or become crusty.

Further advice

If you're concerned with a mark or a mole on your body, then you don't have to go on a long waiting list!

As we are based outside of the Greater London area (20 minutes by train from St Pancras), we are an affordable option for a private screening to offer you peace of mind with any dermatological concerns you may have.