

What Are Benign Growths? Are They Dangerous?

Benign growths are skin lesions made up of clusters of **noncancerous** skin cells, and they are usually nothing to be worried about. There are quite a few types of common benign growths that can pop up on the skin, and they may appear for a number of reasons, including the following:



Injury to the skin



Sun damage



Normal aging



Genetics

Many benign growths do not need to be treated; however, if you notice any that are changing, itching, or bleeding, it could be a sign of skin cancer. If these changes start to occur, it's important to see a dermatologist, who may perform a biopsy to diagnose your growth.

How Are Benign Growths Treated?

You may choose to have a growth removed if it becomes irritated, painful, or inflamed, or because you do not like how it looks on the skin. This can usually be done by your dermatologist during an office visit.



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BENIGN GROWTHS



What If I Need to Have a Growth Removed?

There are several methods your dermatologist may use to remove your growth, depending on the type of growth it is.

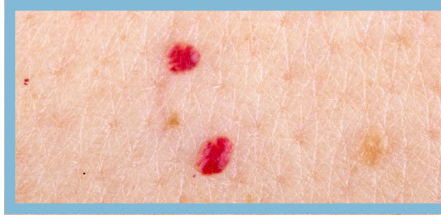
They could remove it via excision (cutting), cryosurgery (freezing with liquid nitrogen), curettage (scraping), or electrosurgery (destruction via electric current).

The doctor may also prescribe an additional topical cream that you apply to your skin.

Talk to a dermatologist to find the best treatment for you and your needs.

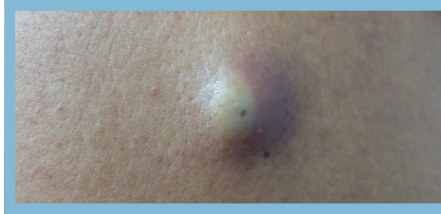


What Are Some of the Most Common Benign Growths?



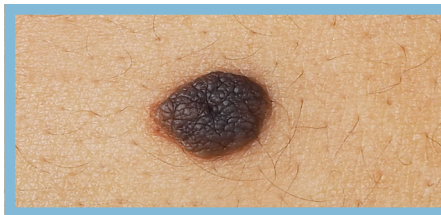
Cherry Angiomas

These growths are filled with many small blood vessels and can grow anywhere on the skin, but they usually appear on the upper body.



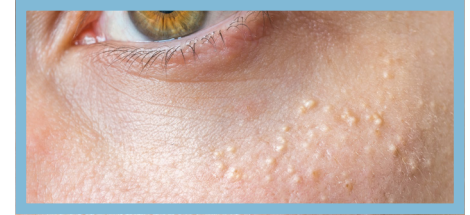
Cysts

Epidermal cysts form when a pore becomes plugged. Pilar cysts form when a hair follicle, usually on the scalp, becomes blocked.



Moles

Moles are one of the most common benign growths. They can appear anywhere on the body, but they usually occur in areas of sun exposure like the back, chest, and face.



Milia

Appearing as small white bumps about the size of a pinhead, milia appear on the eyelids and cheeks when tiny skin flakes get trapped under the skin's surface.



Dermatofibromas

These small growths usually look like a mole or scar, and they can appear after an insect bite, a pimple, or another minor skin injury.



Skin Tags

Skin tags are small, floppy, flesh-colored growths that stick out from the skin and may be larger at the top than at the base. They usually appear after midlife.