



Age Spots (Liver Spots)



Overview

These are dark areas that form on the skin. We often see them on skin that gets a lot of sun. Age spots are most common in older people, especially those with fair skin. But young people who are out in the sun a lot can get them, too.

Causes

Why do these spots form? They're caused by years of exposure to UV light. That's a type of light you get from the sun and from tanning beds. Over time, this light damages your skin. To protect itself from this damage, your skin makes more of a pigment called "melanin." This extra pigment gives your skin a darker appearance.

Symptoms

Age spots look like freckles. They're flat, oval areas that usually range in color from tan to dark brown. They tend to form on the face, shoulders, upper back, the backs of your hands and the tops of your feet. They can group together, which can make them noticeable.

Treatment

How do we treat age spots? Well, they aren't harmful, so they don't need medical care. But if you don't like the way they look, there are ways to have them lightened so they aren't as noticeable. Your doctor will create a plan that's right for you.