



*Searles Wellness*

Mona Searles RN, ANP, LAc, MPH



2700 SE 26<sup>th</sup> Avenue, Suite D, Portland, OR 97202 • 503-943-9842 • [www.portlandacupuncturist.com](http://www.portlandacupuncturist.com)

## Seborrheic Keratoses

---

### **What causes them?**

Seborrheic keratoses are harmless, common skin growths that first appear during adult life. As time goes by, more growths may appear. Some persons have a very large number. Seborrheic keratoses appear on both covered and uncovered parts of the body; they are not caused by sunlight. The tendency to develop seborrheic keratoses is inherited.

They begin as slightly raised, light brown spots. Gradually they may thicken and take on a rough, warty surface. They slowly darken and may turn black. These color changes are harmless. They may be white, skin colored or a combination of colors. Seborrheic keratoses are superficial and look as if they were stuck on the skin. Persons who have had several seborrheic keratoses can usually recognize this type of benign growth, however, if you are concerned or unsure about any growth, consult your physician.

### **Treatment**

Treatment is not medically necessary.