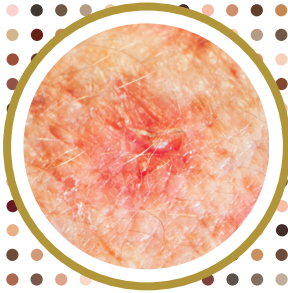


Actinic Keratoses



Actinic keratosis (AK), also known as solar keratosis, is a rough, scaly patch on the skin resulting from years of sun damage. AKs are the most common precancerous lesions of the outer layer of skin (epidermis). They grow slowly and are usually benign (non-cancerous).

Having AKs raises your **lifetime risk** for skin cancer.

Source: Skin Cancer Foundation



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What happens now?

AKs are not life-threatening as long as they are diagnosed and treated in the early stages. Left untreated, aggressive AKs have a 5-10% chance of progressing into squamous cell carcinoma, a serious type of skin cancer.

Have an open discussion with your doctor. Here are some questions that may help you better understand your status:

- Are tests needed to confirm the diagnosis?
- What are my treatment options?
- What will the treatments cost? Does medical insurance cover them?
- What changes should I be looking for in my skin?
- Will there be follow-up visits?

58 million Americans have one or more AKs.

Source: Skin Cancer Foundation

Treatment options

- Freezing lesions with liquid nitrogen (cryosurgery)
- Topical chemotherapy creams
- Photodynamic therapy
- Chemical peels
- Laser resurfacing therapy



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For more information, including tips on how to protect your skin from additional issues, visit SpotTheSpot.org.

