



## What is a Venous Lake?

Venous lakes are small soft and compressible elevated papules that are often dark blue to purple in color. They are commonly found on sun-exposed sites such as the face, lips, ears, neck and back of the hand. They most commonly occur on people over the age of 50 and the average age of presentation for venous lakes has been reported to be 65 years. They are normally painless and have no symptoms. However, if they are damaged they can become tender and even bleed.

These lesions are benign, which means they are not cancerous, but they can often times be mistaken for melanoma. If you have a venous lake, the best option is to play it safe and be evaluated by your dermatologist. The cause of venous lakes is not fully understood, but they are believed to be caused by chronic sun exposure. When excessive sun exposure has caused damaged to the walls of the superficial veins, you will often have dilation of the veins on the surface of the skin resulting in a venous lake.

Most venous lakes are harmless and do not require treatment. If, however, the venous lake is cosmetically unpleasing to the patient, the lesions can be removed. There are several options for having venous lakes removed including light electrocautery, laser ablation, and cryosurgery (freezing off). The best way to avoid getting a venous lake is to be careful to always apply your sunscreen. If you or someone you care about suspects a venous lake, it is best to have it evaluated by your dermatologist to ensure that it is in fact harmless. Dr. Moore and his team are here to provide you with the best possible care for your skin. Give our office a call today at **574-522-0265** to schedule your appointment.

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Source:

Venous Lakes . (n.d.). Retrieved May 7, 2015, from <http://emedicine.medscape.com/article/1085199-overview>

Venous Lake - American Osteopathic College of Dermatology (AOCD). (n.d.). Retrieved May 7, 2015, from <http://www.aocd.org/?page=VenousLake>

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