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# FRECKLES

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## 1 Introduction

Freckles are clusters or aggregations of cells containing melanin the normal skin pigment, freckles are easily visible on people with a fair complexion but can appear on all skin tones. Freckles are mostly found on the face but can appear on any skin exposed to the sun such as the arms or shoulders.



## 2 What is the melanin?

Melanin is produced by a type of skin cell called melanocytes; in freckles, the melanocytes produce more melanin pigment than usual changing the coloration of the outer skin.

## 3 Types of freckles



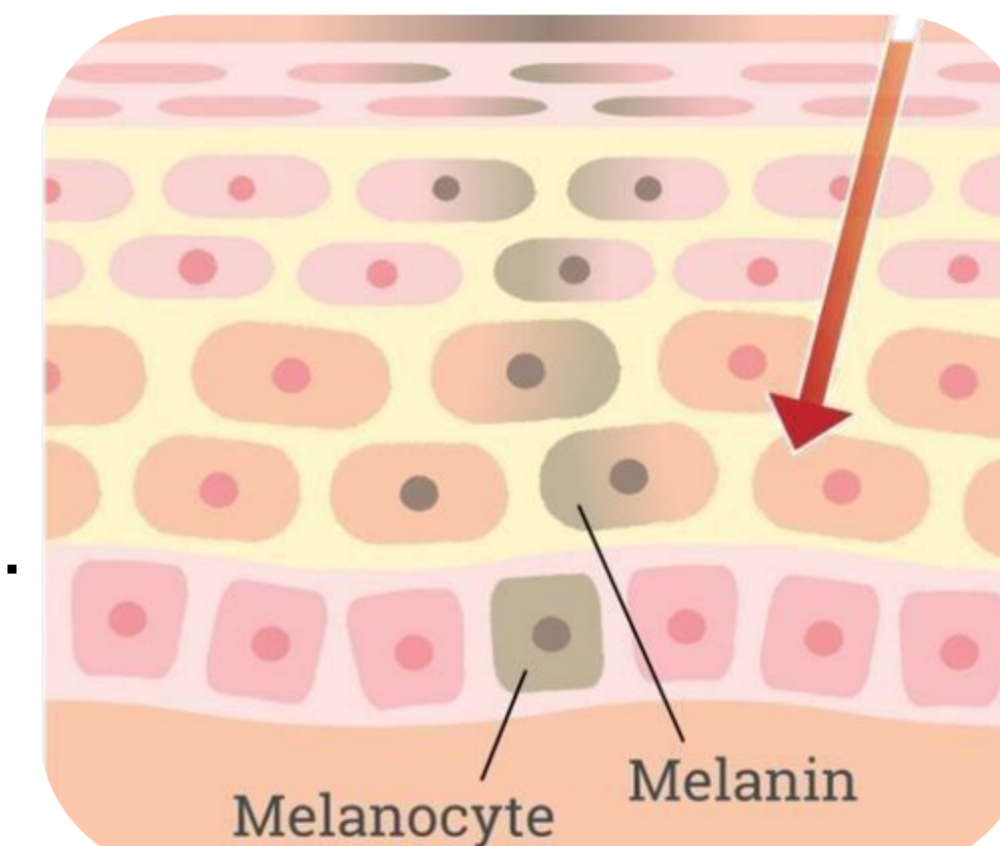
Ephelides

Lentiginos

Age spots

## 4 Causes of freckles

- 1-Genetics.
- 2-Ultraviolet radiation.
- 3-Individuals with fair skin.



## 5 Management of freckles

- Topical creams that contain ingredients such as retinoids or kojic acid.
- Chemical peeling: It is the application of a chemical solution on the skin to exfoliate the outer layer.

## 6 Preventive of freckles

- Wear protective clothing, such as long-sleeved shirts, hats, and sunglasses, to minimize sun exposure
- Regularly apply broad-spectrum sunscreen with a high sun protection factor (SPF) to protect the skin from UV radiation.



## Conclusion

## 7

- Freckles are a common and harmless skin trait.
- Taking preventive measures, such as sun protection with sunscreen, is essential in managing freckles.

## Reference

## 8

- [Freckles Meaning, Causes, Genetics, Types, Cream & Treatment \(medicinenet.com\)](#)
- [lentigo Picture Image on MedicineNet.com](#)