Article published on January 24th 2012 | Health

Sunspots are the round spots that form on the skin usually as a result of excessive sun exposure or premature aging, which are usually lighter or darker than the surrounding area. Sunspots are often your bodyâ€™s attempt to protect itself from the harsh effects of the sun. They are little, concentrated pools of melanin on the surface of the skin, where the body tried to put up a barrier against UV rays that are particularly damaging to certain overexposed areas like the shoulders, face, and back. Though sunscreen may have been used before going outside, these are hard-to-reach, neglected places that may not get as much coverage or places where sunscreen may wear off the fastest.

Sunspots can be a real warning sign that you could be susceptible to getting skin cancer, since they are proof that your skin is easily affected by the sun. A significant change in the texture, size or number of sunspots should raise a red flag and should be brought to the attention of your dermatologist as soon as possible. Also because sunspots arenâ€™t very pleasant to look at, they are certainly something youâ€™ll want to get rid of quickly, if at all possible. They may not fade away completely, but there are some steps you can take to lighten the spots and make them less visible.

There is a product called hydroquinone that acts as a skin lightener or skin bleacher, while blocking further melanin production in the affected areas. There are other skin lightening creams available that work much like hydroquinone, including products with Kojic acid. While treating the sunspots with a skin lightening cream, it is advisable that you stay out of the sun as much as possible.

If you must go out, just be sure to add a layer of protection such as a sunscreen lotion of SPF 15 or higher (you could opt for a hydroquinone cream that already has sunscreen added), layered clothing, or a wide-brimmed hat. Skin lightening products can be purchased over the counter and are much less expensive than certain dermatological procedures that can provide some of the same relief.

Nevertheless, it is still a good idea to see your dermatologist to discuss all of your options. Dermatologists can administer costlier procedures like chemical peels, microdermabrasion or laser treatments if you want a faster, stronger solution to your problem.

Skin lightening creams and dermatological procedures arenâ€™t the only treatment methods available. If you want to try a more natural option, consider a topical application of castor oil, aloe vera, vitamin E oil, lemon juice or apple cider vinegar mixed with onion juice, all of which can be used to help fade sunspots as soon as one month later. Simply rub one of these directly onto the sunspots, allow it to sit for about 45 minutes, and repeat twice daily. One word of caution concerning the lemon juice, though, is that it naturally makes the skin more sensitive to light and, therefore, should be used cautiously and followed by sunscreen lotion prior to venturing outside.

Article Source:
http://www.articleside.com/health-articles/how-to-treat-sunspots.htm - Article Side

Cathydionisio - About Author:
Learn more about a Sun Rash Problems and a Skin Rash issues.

Article Keywords:

sunspots, skin spots, aging spots

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!