

# Patient Information for Ephelides – Skin

## Overview

Ephelides are commonly known as freckles. These are small, brown spots, typically found on the skin of sun-exposed areas like the arms, shoulders, and face. They may be more pronounced in the summer, when skin is more exposed to sunlight, and fade in the winter. Most people with freckles first develop them in childhood.

## Who's At Risk

Anyone can develop freckles, but they are more common in fair-skinned individuals and those with blond or red hair.

## Signs & Symptoms

Freckles are multiple small, brown spots on the skin of the face, arms, or shoulders that may become more noticeable in the summer.

## Self-Care Guidelines

Using a broad-spectrum sunscreen and avoiding sun exposure may keep your freckles from darkening.

## When to Seek Medical Care

Freckles are completely harmless. Medical intervention is not necessary.

## Treatments Your Physician May Prescribe

Freckles are very common and are not a health threat. However, people with fair skin are more likely to develop skin cancer. Your doctor will recommend that you use sunscreen to prevent skin cancer.