

# Patient Information for Nevus anemicus

## Overview

A nevus is commonly called a birthmark. A nevus anemicus is a patch of skin that is lighter than the surrounding skin. It is present at birth.

Nevi can be of various shapes and sizes. The border of the pale patch is irregular.

## Who's At Risk

Nevus anemicus is present at birth, but may be first noticed in early childhood. It is harmless and there is no increased risk of spread or malignancy.

## Signs & Symptoms

- One or more pale patches of skin on the body's trunk, and sometimes on the neck, face, arms, and legs.
- Seen at birth or first observed in infants or young children.
- Unlike the surrounding normal skin, it does not turn red upon pressing or from heat and cold.

## Self-Care Guidelines

Nevus anemicus is a harmless condition that does not require treatment.

You can use cosmetics to cover the patch if you prefer.

## When to Seek Medical Care

Your child's pediatrician can check for pale skin patches and confirm the diagnosis is harmless. If you observe any other skin changes, consult your pediatrician to rule out other conditions.

## Treatments Your Physician May Prescribe

No treatments are needed for this benign condition.