



**TELANGIECTASIA** - See also Actinic Damage

Telangiectasia are small dermal dilated blood vessels, found in the dermis and visible through the skin. They are considered to be benign vascular neoplasms, which are caused by the development of abnormal aggregations of arterioles, capillaries, or venules. Clinically, telangiectasia have been subdivided into four categories:

- Simple or linear
- Arborizing
- Spider
- Papules

Usually, they are asymptomatic and can develop anywhere on the body. They are more common on the face, around the nose, cheeks and chin, and the neck, which are chronic sun exposed regions. Other causes of telangiectasia include:

- Bloom's syndrome
- Corticosteroids, over usage topically
- Hepatic cirrhosis
- Osler-Weber-Rendu syndrome
- Photodamage
- Pregnancy
- Sturge-Weber syndrome

Chronic sun exposure induces insidious changes in the human skin that evolves during years of cumulative damage. These alterations can be grouped under the term dermatoheliosis and are worsened by the intrinsic aging process. Most of these changes can be treated with medical or minimally invasive procedures or disguised by make-up.

Telangiectasia need a more aggressive and individual approach that includes the use of ultra fine needle eletrocoagulation or intravascular sclerotherapy. The elimination of vessels with these procedures is not always complete with multiple sessions needed. There is always the risk of scarring. Other modalities used for the elimination of telangiectasia include different types of lasers, such as pulse dye and Neodymium: Yatrium-Aluminum-Garnet (Nd: YAG), Intense pulsed light (IPL) technology is also available. Daily use of broad-spectrum sunscreens is the most important tool for the prevention of sun-induced telangiectasia.

Clarissa Prati, MD  
Tania Cestari, MD, PhD  
Porto Alegre, Brazil