



**A REVIEW ON COMMON SKIN CONDITION- CUTANEOUS SKIN TAG**

**Nilofar A. Khan\*, Rupali P. Yewale, Pritam V. Juvatkar and Dr. Mohan K. Kale**

Konkan Gyanpeeth College of Pharmacy and Research Institute, Karjat.

**\*Corresponding Author: Nilofar A. Khan**

Konkan Gyanpeeth College of Pharmacy and Research Institute, Karjat.

Article Received on 26/10/2017

Article Revised on 17/11/2017

Article Accepted on 07/12/2017

**ABSTRACT**

Skin tags also referred to as achrochordons are small, soft, flesh colored to dark brown, usually pedunculated outgrowth of epidermal. Skin tags are caused by irritation and chaffing as skin folds, Human papillomavirus (HPV), Insulin resistance, endocrine syndromes, metabolic syndrome and hormonal imbalances. The conventional treatment for this is Surgery, Cryotherapy, Cauterization, Tying a String etc. It can be treated by home remedies such as Garlic, Lemon juice, Fig stem juice, castor oil and baking soda etc.

**KEYWORDS:** Skin tags, Insulin resistance, Cryotherapy.

**INTRODUCTION**

Skin tags, achrochordons or fibroepithelial polyps (FEPs) are pedunculated outgrowth of epidermal and dermal tissue. They are usually small, soft, flesh to dark brown in colored. Commonly occur on the neck, in the axillae, on the eyelids and in rare cases around genital region.<sup>[1, 2]</sup> They are thought to be relatively common skin lesions and it has been reported that they might reflect insulin resistance states. Age, obesity, atherogenic lipid profile are also associated with skin tags.<sup>[3, 11]</sup>

**Skin tags are known by many names**

- Acrochordons
- Papillomas
- Fibroepithelial polyps
- Soft fibromas
- Pedunculated (this means they are on a stalk)
- Filiform (this means they are thread-like)



**Epidemiology**

Skin tags are very common and may occur in up to half of the population. They occur in men and in women and incidence increases with age. They occur more

commonly in pregnancy. The most common sites for skin tags are the neck, the axillae and the groin. They are more common in patients with type 2 diabetes and those with obesity and they appear to have an association with the metabolic syndrome.<sup>[12, 13]</sup>

**Aetiology**

It may be that skin tags are caused by irritation and chaffing as skin folds rubs together. They may be more common at sites where rubbing of clothing over skin occurs. Insulin resistance and Human papillomavirus (HPV) may possibly play a role in pathogenesis.<sup>[14, 15]</sup> Certain endocrine syndromes, metabolic syndrome, and hormonal imbalances also associate skin tag.<sup>[16]</sup>

**Skin tags as a cutaneous marker of diabetes mellitus**

Hyper insulinaemia stimulates the IGF-I receptor, which has a tissue proliferative effect resulting in Skin tag. Therefore, individuals with skin tag are observed to have hyper insulinaemia and glycated haemoglobin (HbA1c) levels at the high end of the normal range are significantly more skin tag cases in the diabetic population than among normo-glycaemic individuals.<sup>[17, 18]</sup>

Prevalence of skin tags<sup>[19]</sup>

Specific Conditions		Skin tags	
		Present (%)	Absent (%)
<b>Gender</b>	Male	60	40
	Female	49	51
<b>Body mass index</b>	Normal	48.3	51.7
	Overweight	58	42
	Obese	66	34
<b>Diabetes mellitus</b>	Present	66	34
	Absent	52.5	47.5
<b>Hypertension</b>	Present	58.3	41.7
	Absent	51	49
<b>Cardiovascular disease</b>	Present	57.4	42.6
	Absent	56.8	43.2

## Conventional Treatments

- **Surgery.** Skin tag is removed with a scalpel. This will involve a topical anesthetic and little downtime.<sup>[20]</sup>
- **Cryotherapy.** A liquid nitrogen compound is carefully applied to the affected area. This procedure is best for those with lighter skin and in areas where there is little hair growth. Timed spot freeze technique, the rotary or spiral pattern, and the paintbrush method are different spray methods.<sup>[21,22]</sup>
- **Cauterization.** Electro-cauterization requires a special tool that is heated and then carefully applied to the skin tag; the skin tag may not come off immediately. It may fall off in the hours or days following the procedure.
- **Tying a String.** For an elongated skin tag, your physician may tie a sterile string around the base to cut off the blood supply, causing the skin tag to die.
- **Laser Removal.** Lasers are used often today in skin care clinics, spas and dermatology offices. For minor procedures, like removing skin tags, CO<sub>2</sub> lasers are used. This is generally considered safe and is done in concert with a topical or local anesthesia.<sup>[23]</sup>

Natural Treatments<sup>[24]</sup>

**1. Apple cider vinegar.** Used for generations for skin care because of its ability to kill harmful bacteria and fungi, balance pH levels, and so much more, organic apple cider vinegar (with the mother included) is

always at the top of the list for treating skin ailments including skin tags, warts, eczema and acne. Soak a sterile cotton ball in apple cider vinegar and secure it in place over the skin tag with a bandage for 20 minutes. Remove and check for any irritation on the skin. If no irritation is evident, you will want to do the 20-minute treatment during the day and then before bed. Apply the soaked cotton ball and secure it and leave it on overnight. With ongoing treatment, the skin tag may start to darken in color, indicating it is dying. Keep up with the apple cider vinegar compresses; it may take a few days or even a couple of weeks to see the results, but this is one of the safest and easiest ways when learning how to remove skin tags.

**2. Tea tree oil.** With strong antiseptic properties and its ability to kill fungal infections while soothing the skin, tea tree oil is a safe and effective treatment for a wide array of skin conditions including acne, eczema, psoriasis and skin tags. To help remove a skin tag, apply 6 to 8 drops of high-quality tea tree oil to a sterile cotton ball and secure to the skin with a bandage. Remove after 15 minutes. Repeat three times a day until the skin tag falls off. Depending on the location and size this may take a few days, or even weeks.

**3. Oil of oregano.** A member of the mint family, oil of oregano can help to relieve skin issues, bacterial and fungal infections, viruses and much more. Oil of oregano has powerful antibacterial and anti-inflammatory effects. Because of this, it is vital that you mix it with a carrier oil, like coconut oil or almond oil, before applying to the skin. Mix 2 drops of carrier oil with 4 drops of a high-quality oil of oregano and apply three times a day to skin tags. You do not need to cover it with a bandage; allow it to soak into the skin naturally. Do not apply it to broken or irritated skin.

**4. Iodine.** Liquid iodine solution is applied as topical application which may help to remove skin tags. It breaks down skin cells, so it is very important that should be applied to the skin tag and avoid the healthy surrounding skin. For safety, apply coconut oil to a one-half inch area around the skin tag to create a barrier. before applying iodine solution. It breaks down skin

cells, so it is very important that should be applied to the skin tag and avoid the healthy surrounding skin. For safety, apply coconut oil to a one-half inch area around the skin tag to create a barrier. Then apply a couple of drops of iodine with a sterile cotton swab. Repeat twice each day until the skin tag falls off.

**5. Garlic.** Beside strong smell, crushed garlic is the best remedy to treat warts and skin tags. Simply crush a large clove of garlic with a knife to release the potent oils of the garlic, and then secure with a bandage over the skin tag. Overnight applications will give best results.

**6. Vitamin E.** Vitamin E Oil is another great topical treatment for skin tags. Like garlic, tea tree oil and apple cider vinegar, it has been used for generations for a wide range of skin issues, including skin tag removal. Select high-quality vitamin E oil and apply it to the skin tag. Cover with a small piece of plastic wrap and secure with a bandage. The oil will work diligently overnight. By cutting off the air supply, you may see great results within a couple of weeks.

**7. Banana peel or papaya peel.** Banana peel or papaya peel found to be effective against skin tag. Their effectiveness increase when used in combination with tea tree oil. At night, simply put a few drops of tea tree oil on the skin tag and then cover with a peel, securing in place with a bandage. Repeat till the skin tag dies and falls off. People having latex allergy or sensitivity should not use this.

**8. Castor oil & Baking soda.** Castor oil has been a medicine cabinet staple for generations, much like baking soda. Together, they may help to safely get rid of a bothersome skin tag. Mix 2 parts castor oil with 1 part baking soda and rubs it gently over the skin tag. Placed a piece of plastic wrap, or banana or papaya peel on it and secure with a bandage. Leave on overnight and rinse off in the morning. Repeat till the skin tag dies and falls off.

**9. Lemon Juice:** Lemon juice contains citric acid which decomposes the cells and thus dries out skin tags. Take a half of a fresh lemon juice and apply with the help of cotton ball. Apply this directly to the skin tag and leave it on without washing it off. You can apply this up to three times a day and continue the routine until the skin tag falls off.

**10. Fig Stem Juice:** As fig stem juice helps to maintain acid base balance; it is widely used in skin issues. Take some fresh fig stems and blend them to extract the juice. Apply this juice four times a day to the skin tag. Results will be notice within four weeks

## REFERENCE

- Chiritescu, E. and Maloney, M.E. (2001) Acrochordons as a Presenting Sign of Nevroid Basal Cell Carcinoma Syndrome. *Journal of the American Academy of Dermatology*, 44: 789-794.
- Francisco, A., Carmen, F. and Lidia, P. (2008) Friction Induced Skin Tags. *Dermatology Online Journal*, 14: 18-22.
- Crook MA (2000) Skin tags and the atherogenic lipid profile. *J. Clin Pathol*, 53: 873-874.
- Banik R, Lubach D (1987) Skin tags: localization and frequencies according to sex and age. *Dermatologica*, 174(4): 180-183.
- Hidalgo LG (2002) Dermatological complications of obesity. *Am J Clin Dermatol*, 3(7): 497-506.
- Hud JA, Cohen JB, Wagner JM, Cruz PD Jr (1992) Prevalence and significance of acanthosis nigricans in an adult obese population. *Arch Dermatol*, 128: 941-944.
- Mathur SK, Bhargava P (1997) Insulin resistance and skin tags. *Dermatology*, 195(2): 184.
- Norris PG, McFadden J, Gale E, Griffiths WA (1988) Skin tags are more closely related to fasting insulin than fasting glucose levels. *Acta Derm Venereol*, 68(4): 367-368.
- Agarwal JK, Nigam PK (1987) Acrochordon: a cutaneous sign of carbohydrate intolerance. *Australas J Dermatol*, 28(3): 132-133.
- Kahana M, Grossman E, Feinstein A, Ronnen M, Cohen M, Millet MS (1987) Skin tags: a cutaneous marker for diabetes mellitus. *Acta Derm Venereol*, 67(2): 175-177.
- Margolis J, Margolis LS (1976) Skin tags—a frequent sign of diabetes mellitus. *N Engl J Med*, 294(21): 1184.
- Higgins JC, Maher MH, Douglas MS; Diagnosing Common Benign Skin Tumors. *Am Fam Physician*, 2015 Oct 1; 92(7): 601-7.
- Wali V, Wali VV; Assessment of Various Biochemical Parameters and BMI in Patients with Skin Tags. *J Clin Diagn Res.*, 2016 Jan; 10(1): BC09-11. doi:10.7860/JCDR/2016/15994.7062. Epub 2016 Jan 1.
- Barbato MT, Criado PR, Silva AK, et al; Association of acanthosis nigricans and skin tags with insulin resistance. *An Bras Dermatol*, 2012 Jan-Feb; 87(1): 97-104.
- Gupta S, Aggarwal R, Gupta S, et al; Human papillomavirus and skin tags: is there any association? *Indian J Dermatol Venereol Leprol*, 2008 May-Jun; 74(3): 222-5.
- Acrochordons as a cutaneous sign of metabolic syndrome: a case-control study. Shah R<sup>1</sup>, Jindal A<sup>2</sup>, Patel N<sup>2</sup>. *Ann Med Health Sci Res*, 2014 Mar; 4(2): 202-5. doi: 10.4103/2141-9248.129040.
- Akpınar F, Derviş E. Association between acrochordons and the components of metabolic syndrome. *Eur J Dermatol*, 2012; 22: 106-10.
- Sari R, Akman A, Alpsoy E et al. The metabolic profile in patients with skin tags. *Clin Exp Med*, 2010; 10: 193-7.
- Skin tags associated with obesity and diabetes mellitus in patients with chronic kidney disease, Funda Sari1,†, Ayca Inci2, Suleyman Dolu3, Ramazan Sari4, Serbian archives of medicine.

20. Habif TP. Benign skin tumors. In: Habif TP, ed. *Clinical Dermatology*. 6th ed. St. Louis, MO: Elsevier Saunders, 2016:chap 20.
21. White AC. Liquid air: Its application in medicine and surgery. *Med Rec*, 1899; 56: 109–12.
22. Pusey W. The use of carbon dioxide in the treatment of nevi and other lesions of the skin. *JAMA*, 1907; 49: 1354–6.
23. Standard guidelines of care: CO2 laser for removal of benign skin lesions and resurfacing. Krupashankar DS<sup>1</sup>; IADVL Dermatosurgery Task Force, *Indian J Dermatol Venereol Leprol*, 2008 Jan; 74 Suppl: S61-7.
24. <https://draxe.com/how-to-remove-skin-tags>.
25. <http://www.simplehouseholdtips.com/home-remedies-to-remove-skin-tags.html>.