

IT'S A VASCULAR BIRTHMARK

Dear Observer, what you are seeing on this individual is a vascular birthmark.

- Nearly 10% of all babies are born with a vascular birthmark (usually red, pink, purple or blue). Some can be tiny, and some can be quite large.
- Most are located on the face, or back of the neck, but they can be anywhere.
- The two most common vascular birthmarks are "Hemangiomas" and "Port Wine Stains" (PWS). The lesser common ones are venous, lymphatic and arteriovenous malformations.
- Hemangiomas, often referred to as "Strawberries" can be quite large and raised up. They occur in infants and if untreated, can persist for up to 10 years.
- PWS are usually flat but can also be quite thick and raised up. They can be visible at any age.
- Vascular malformations can be quite large and appear on the face or the body. Some are without surface color and are beneath the skin.

Treatment for a PWS, and some flat hemangiomas is the pulse dye laser (PDL), which results in dark spots over the treated area (called "purpura" or "bruising"). To the unknowing observer, it can look alarming. The patient is ok. Do not worry. Over time, the dots will fade and the birthmark will be lighter. A vascular birthmark is not contagious and usually not painful. However, those that ulcerate or bleed can be painful.

Please do not make any assumptions about any individual that you see with a vascular birthmark. Some are in the process of treatment and others are still searching for treatment options. The Vascular Birthmarks Foundation (VBF) birthmark.org is working hard to educate affected families, physicians, and the general public about vascular birthmarks. Your support and cooperation is greatly appreciated.

For more information about a vascular birthmark, visit us at www.birthmark.org. See examples.



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