

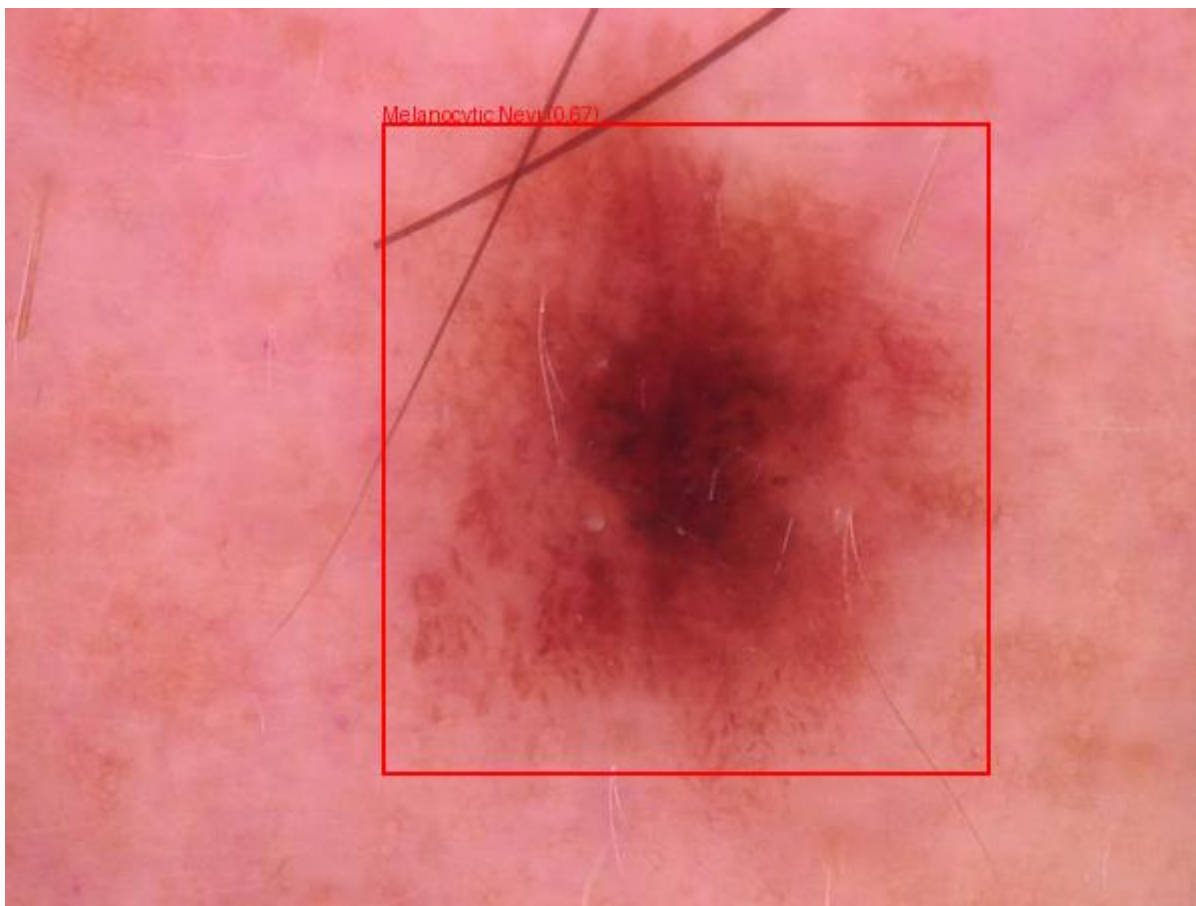
Disease Report #REP-202505-IJY9

Report Details

Report Number: REP-202505-IJY9

Date: 20 May 2025

Disease: Melanocytic Nevi



Diagnosis and Recommendations

Health Report: Melanocytic Nevi (Moles)

1. Medical Description:

Melanocytic nevi, commonly known as moles, are benign (non-cancerous) growths on the skin. They develop from melanocytes, the cells that produce melanin (the pigment that gives skin its color). Moles can vary significantly in size, color (ranging from light brown to black), shape (round, oval, irregular), and texture (smooth, rough, raised). The vast majority of moles are harmless, but some can have a higher risk of developing into melanoma, the deadliest form of skin cancer. This risk is dependent on several factors detailed below. Different types of nevi exist, including congenital nevi (present at birth), acquired nevi (develop later in life), and dysplastic nevi (atypical moles with irregular borders and color).

2. Common Symptoms:

The most common symptom is the presence of a mole on the skin. Characteristics to note include:

Size: *Moles can range from a few millimeters to several centimeters in diameter.*

Shape: Round, oval, or irregularly shaped.

Color: *Uniform or variegated (multiple colors, including brown, black, tan, red, or even blue).*

Border: Clearly defined or blurry, irregular borders.

Texture: *Smooth, flat, raised, or bumpy.*

Change over time: Any change in size, shape, color, or texture should be monitored closely.

Itching, bleeding, or crusting: *These warrant immediate medical attention.*

3. Causes and Risk Factors:

The exact cause of most melanocytic nevi isn't fully understood. However, genetic predisposition and sun exposure play significant roles:

Genetics: Family history of moles or melanoma increases the risk.

Sun exposure: *Excessive sun exposure, especially during childhood and adolescence, is a major risk factor for developing both moles and melanoma. Tanning beds significantly increase this risk.*

Fair skin: Individuals with fair skin, light hair, and blue or green eyes are at higher risk.

Weakened immune system: *Individuals with compromised immune systems may develop more moles or have a higher risk of melanoma.*

Age: The number of moles generally increases with age, particularly during childhood and adolescence.

4. Preventive Measures:

Sun protection: Regular and consistent use of broad-spectrum sunscreen with an SPF of 30 or higher, seeking shade during peak sun hours (10 am to 4 pm), and wearing protective clothing (long sleeves, hats, sunglasses).

Limit sun exposure: Avoid unnecessary sun exposure, especially during midday.

Regular self-exams: Perform monthly skin self-exams to monitor existing moles and detect any new ones. Familiarize yourself with the ABCDEs of melanoma (see below).

Professional skin exams: Have a dermatologist perform a full-body skin examination at least once a year, or more frequently if you have a family history of skin cancer or many moles.

Avoid tanning beds: Ultraviolet radiation from tanning beds significantly increases the risk of skin cancer.

5. Recommended Diagnostic Tests:

Visual examination: A dermatologist will visually examine the mole(s), noting its size, shape, color, and texture.

Dermoscopy: A non-invasive technique using a special magnifying lens to visualize the mole's structure and underlying features.

Biopsy: A small tissue sample is removed and examined under a microscope to determine if the mole is benign or cancerous. This is the definitive diagnostic test for suspicious moles.

Imaging (occasionally): In rare cases, imaging techniques like ultrasound or CT scan may be used to assess the depth of a mole or the presence of underlying abnormalities.

6. Suggested Treatments and Medications:

Treatment is typically only necessary for moles that are cosmetically undesirable, causing irritation, or exhibiting features suggestive of melanoma. Options include:

Surgical excision: The mole is surgically removed and sent for pathological examination.

Shave excision: A superficial removal of the mole using a scalpel. This is typically not used for large or suspicious moles.

Cryotherapy: Freezing the mole off using liquid nitrogen.

Laser surgery: Using a laser to remove the mole.

7. Lifestyle and Dietary Recommendations:

Maintaining a healthy lifestyle can support overall skin health and potentially reduce the risk of developing melanoma:

Healthy diet: A diet rich in fruits, vegetables, and antioxidants may help protect against sun

damage.

Hydration: *Staying well-hydrated helps maintain skin health.*

Stress management: Chronic stress can negatively impact the immune system, potentially increasing susceptibility to skin cancers.

Regular exercise: *Physical activity contributes to overall health and well-being.*

ABCDEs of Melanoma:

A – Asymmetry: One half of the mole doesn't match the other half.

B – Border: *The edges are irregular, ragged, notched, or blurred.*

C – Color: The color is uneven and may include variations of brown, tan, black, red, white, or blue.

D – Diameter: *The mole is larger than 6 millimeters (about the size of a pencil eraser), although melanomas can sometimes be smaller.*

E – Evolving: The mole is changing in size, shape, color, or elevation. It may also be itchy, bleed, or crust.

Disclaimer: This report is for informational purposes only and should not be considered medical advice. Always consult a dermatologist or healthcare professional for diagnosis and treatment of any skin condition. Early detection and treatment of melanoma significantly improve prognosis.