

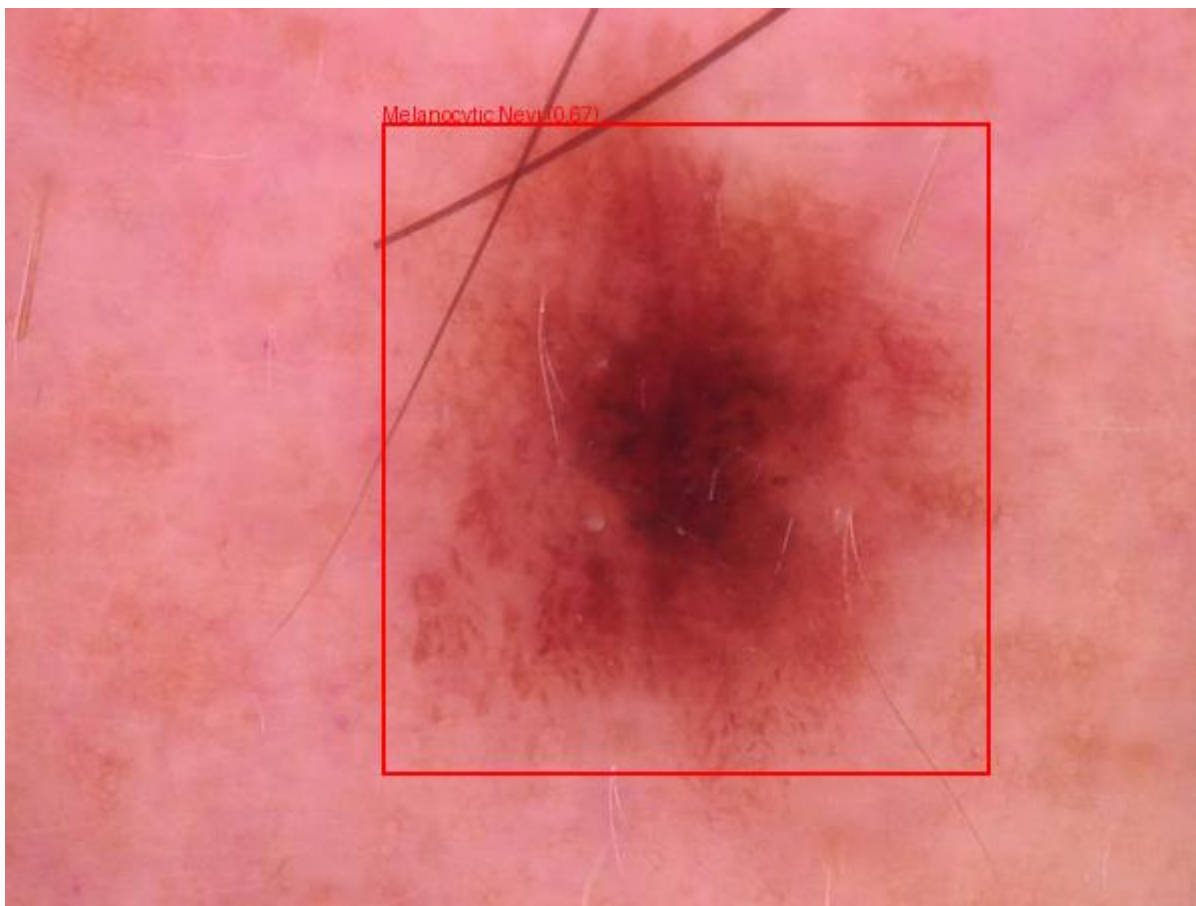
# Disease Report #REP-202505-MBNL

## Report Details

**Report Number:** REP-202505-MBNL

**Date:** 22 May 2025

**Disease:** Melanocytic Nevi



## Diagnosis and Recommendations

**Melanocytic Nevi (Moles)**

**Description:** Melanocytic nevi, commonly known as moles, are growths on the skin made of melanocytes, the cells that produce melanin (skin pigment). Most are harmless (benign), but some can develop into melanoma, a type of skin cancer. They vary in size, color, and shape.

**Precautions:**

**Sun Protection:** *Regularly apply broad-spectrum sunscreen with an SPF of 30 or higher, especially during peak sun hours (10 a.m. to 4 p.m.). Seek shade when possible.*

**Self-Exams:** Perform regular skin self-exams to monitor existing moles for changes in size, shape, color, or texture (ABCDEs of melanoma). Report any suspicious changes to a dermatologist.

**Professional Checkups:** Have a dermatologist check any suspicious moles or new moles that appear. Regular skin checks are especially important for individuals with a family history of melanoma or many moles.