

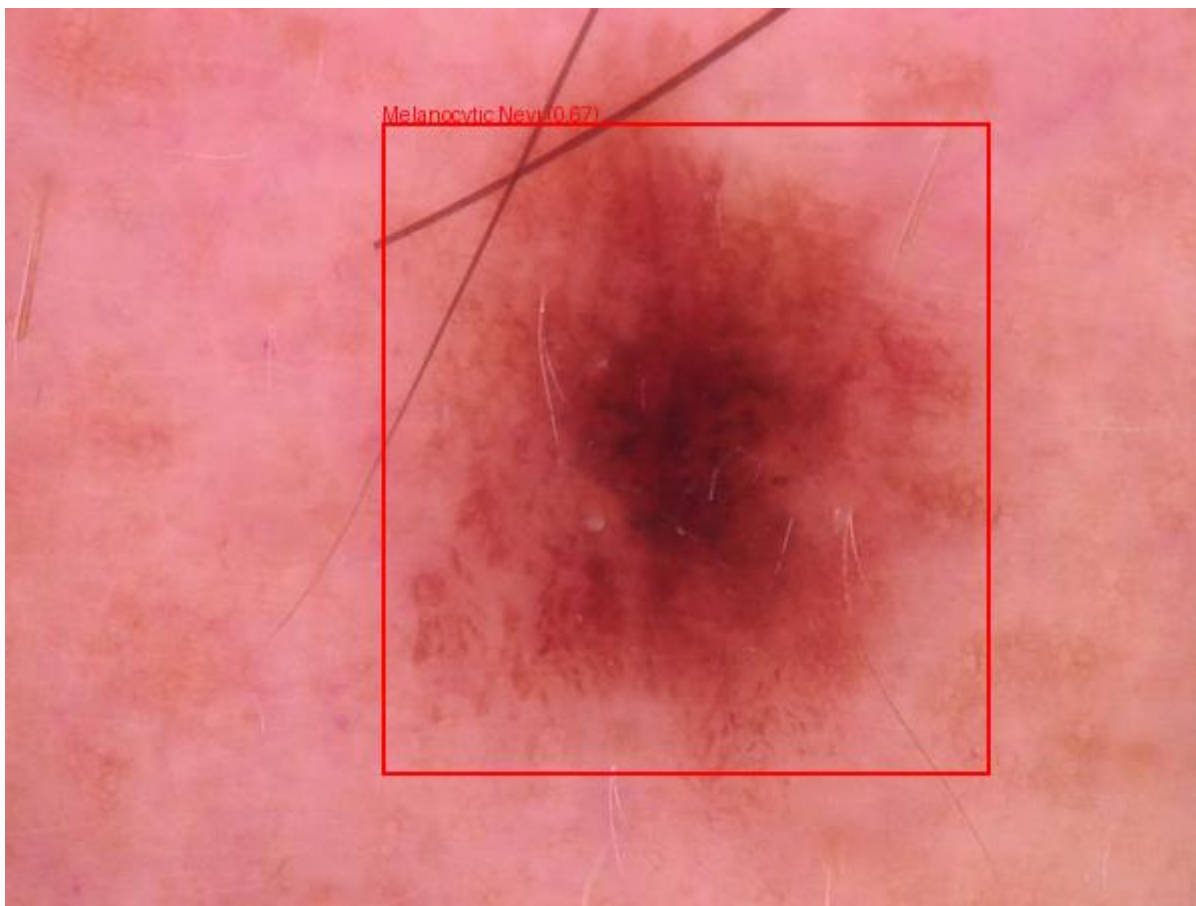
Disease Report #REP-202505-IO2I

Report Details

Report Number: REP-202505-IO2I

Date: 22 May 2025

Disease: Melanocytic Nevi



Diagnosis and Recommendations

Health Report: Melanocytic Nevi (Moles)

1. Medical Description:

Melanocytic nevi, commonly known as moles, are growths on the skin that result from the clustering of melanocytes, the cells responsible for producing melanin (skin pigment). They vary widely in size, color, and shape. Most moles are benign (non-cancerous), but some can develop into melanoma, a serious form of skin cancer. The classification of nevi is complex, ranging from common acquired nevi (the typical moles appearing throughout life) to congenital nevi (present at birth) and dysplastic nevi (atypical moles with a higher risk of melanoma).

2. Common Symptoms:

Most moles are asymptomatic. However, you should consult a dermatologist if you observe any of the following changes in a mole (ABCDEs of melanoma):

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

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

Color: *The color is uneven, with variations of black, brown, tan, red, white, or blue.*

Diameter: The diameter is larger than 6 millimeters (about the size of a pencil eraser).

Evolving: *The mole is changing in size, shape, or color. Also, any new mole developing in adulthood should be evaluated. Other symptoms to watch for include bleeding, itching, or crusting of a mole.*

3. Causes and Risk Factors:

The exact cause of most melanocytic nevi is unknown. However, several factors increase the risk of developing moles and the risk of those moles becoming cancerous:

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

Sun exposure: *Ultraviolet (UV) radiation from sunlight and tanning beds is a major risk factor for both mole development and melanoma.*

Fair skin: Individuals with fair skin, light hair, and blue or green eyes are more susceptible.

Numerous moles: *Having a large number of moles increases the overall risk of melanoma.*

Weakened immune system: Individuals with compromised immune systems may be at higher risk.

Age: *The number of moles typically increases with age.*

4. Preventive Measures:

Sun protection: Regularly apply a broad-spectrum sunscreen with an SPF of 30 or higher, even on cloudy days. Seek shade during peak sun hours (10 a.m. to 4 p.m.). Wear protective

clothing, including wide-brimmed hats and sunglasses.

Avoid tanning beds: *Tanning beds emit harmful UV radiation that significantly increases the risk of skin cancer.*

Regular self-exams: Perform monthly skin self-exams to check for any changes in existing moles or the appearance of new moles. Familiarize yourself with your skin's baseline.

Professional skin exams: *See a dermatologist for regular skin exams, especially if you have a family history of skin cancer or many moles. The frequency of these exams will depend on your individual risk factors.*

Early detection: Seek immediate medical attention if you notice any changes in a mole or develop a new mole that exhibits the ABCDE characteristics.

5. Recommended Diagnostic Tests:

Visual examination: *A dermatologist will visually examine your moles.*

Dermoscopy: This non-invasive technique uses a special magnifying device to examine moles in detail, aiding in the detection of suspicious features.

Biopsy: *If a mole is suspicious, a biopsy (removal of a tissue sample) will be performed for microscopic examination by a pathologist to determine if it's cancerous.*

6. Suggested Treatments and Medications:

Treatment for benign melanocytic nevi is generally not necessary unless they are causing cosmetic concern or are in an area prone to irritation. Options include:

Surgical excision: Removal of the mole with a scalpel.

Shave excision: Removal of the mole using a razor-like instrument.

Cryosurgery: Freezing the mole off using liquid nitrogen.

Laser therapy: Removal of the mole using a laser.

Treatment for cancerous melanocytic nevi (melanoma) will vary depending on the stage and type of melanoma and may include surgery, radiation therapy, chemotherapy, targeted therapy, and immunotherapy.

7. Lifestyle or Dietary Recommendations:

While there is no specific diet to prevent moles, a healthy lifestyle that supports overall skin health is beneficial:

Maintain a healthy weight: Obesity is linked to increased inflammation, which may play a role in various health conditions including skin cancer.

Eat a balanced diet: *A diet rich in fruits, vegetables, and antioxidants may support skin*

health.

Manage stress: Chronic stress can negatively impact the immune system, which may increase susceptibility to skin cancer.

Quit smoking: Smoking is associated with an increased risk of several cancers, including skin cancer.

Disclaimer: This health report provides general information and should not be considered medical advice. Always consult a qualified healthcare professional for diagnosis and treatment of any medical condition. This information is not a substitute for professional medical care.