

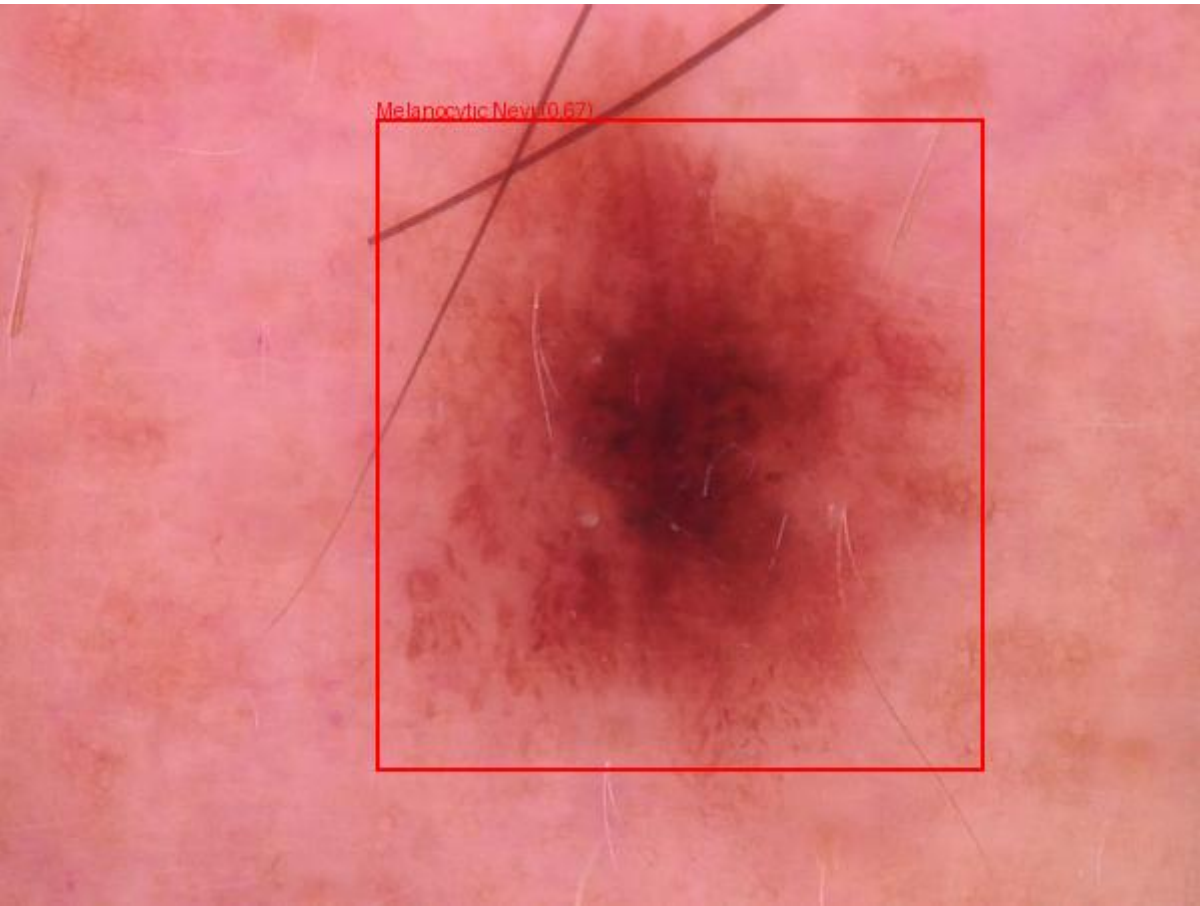
Disease Report #REP-202505-IRGD

Report Details

Report Number: REP-202505-IRGD

Date: 21 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 clumping together of melanocytes, the cells responsible for producing melanin (skin pigment). They are generally benign (non-cancerous) but can sometimes develop into melanoma, a potentially life-threatening form of skin cancer. Moles vary significantly in size, shape, color, and texture. They can be present at birth (congenital nevi) or develop later in life (acquired nevi). The majority of acquired nevi appear during childhood and adolescence.

2. Common Symptoms:

Most moles are asymptomatic and present as:

A raised or flat area on the skin: They can be smooth or rough in texture.

Varying in color: Common colors include brown, black, tan, or even skin-toned. Variations in color within a single mole should be noted.

Round or oval shape: Although irregular shapes are possible.

Size: Generally less than 6mm in diameter, but larger moles (giant congenital nevi) do exist.

Itching or bleeding: These are less common but warrant immediate medical attention.

3. Causes and Risk Factors:

The exact cause of most acquired melanocytic nevi is unknown, but genetic predisposition and sun exposure are major contributing factors. Risk factors include:

Genetics: A family history of moles or melanoma significantly increases the risk.

Sun exposure: Excessive exposure to ultraviolet (UV) radiation from sunlight or tanning beds increases the risk of developing both moles and melanoma. Sunburns, especially during childhood, are particularly damaging.

Fair skin: Individuals with lighter skin tones, less melanin, and a tendency to burn easily are at higher risk.

Weakened immune system: People with compromised immune systems may be more susceptible.

Age: The number of moles typically increases with age, although most develop before age 40.

4. Preventive Measures:

Sun protection: Regular and consistent use of 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.).

Protective clothing: Wear long-sleeved shirts, long pants, and a wide-brimmed hat when

exposed to the sun.

Avoid tanning beds: *Tanning beds emit high levels of UV radiation, significantly increasing the risk of skin cancer.*

Regular self-exams: Perform monthly skin self-exams to check for changes in existing moles or the appearance of new ones. Pay attention to the ABCDEs of melanoma (see section on diagnostic tests).

Regular professional skin exams: *Schedule annual skin exams with a dermatologist, especially if you have many moles or a family history of melanoma.*

5. Recommended Diagnostic Tests:

Visual examination: A dermatologist will visually examine the moles, noting size, shape, color, border regularity, and symmetry. The ABCDEs of melanoma are crucial:

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

B – Border: Irregular, ragged, notched, or blurred edges.

C – Color: *Uneven color; variations of black, brown, tan, white, red, or blue.*

D – Diameter: Larger than 6mm (about the size of a pencil eraser), though melanomas can be smaller.

E – Evolving: *Any change in size, shape, color, or elevation.*

Dermoscopy: A non-invasive technique using a dermatoscope (handheld magnifier) to examine moles in detail.

Biopsy: *If a mole is suspicious, a small tissue sample will be removed and examined under a microscope (histopathology) to determine if it is cancerous.*

6. Suggested Treatments and Medications:

Treatment depends on the type of mole and whether it's benign or malignant.

Benign moles: No treatment is usually necessary unless the mole is cosmetically undesirable, causing irritation, or exhibiting changes. Surgical removal (excision) may be an option.

Malignant moles (melanoma): *Treatment varies depending on the stage of the melanoma and may include surgical excision, sentinel lymph node biopsy, immunotherapy, targeted therapy, radiation therapy, or chemotherapy.*

7. Lifestyle or Dietary Recommendations:

Maintain a healthy diet: A diet rich in fruits, vegetables, and antioxidants may help protect the skin from damage.

Limit alcohol consumption: *Excessive alcohol intake can increase the risk of skin cancer.*

Manage stress: Chronic stress can weaken the immune system.

Avoid excessive sun exposure: This is crucial for preventing the development of new moles and reducing the risk of melanoma.

Disclaimer: This health report is for informational purposes only and should not be considered medical advice. It is essential to consult a qualified healthcare professional for any concerns about moles or skin changes. Early detection and treatment of melanoma are vital for improving prognosis.