

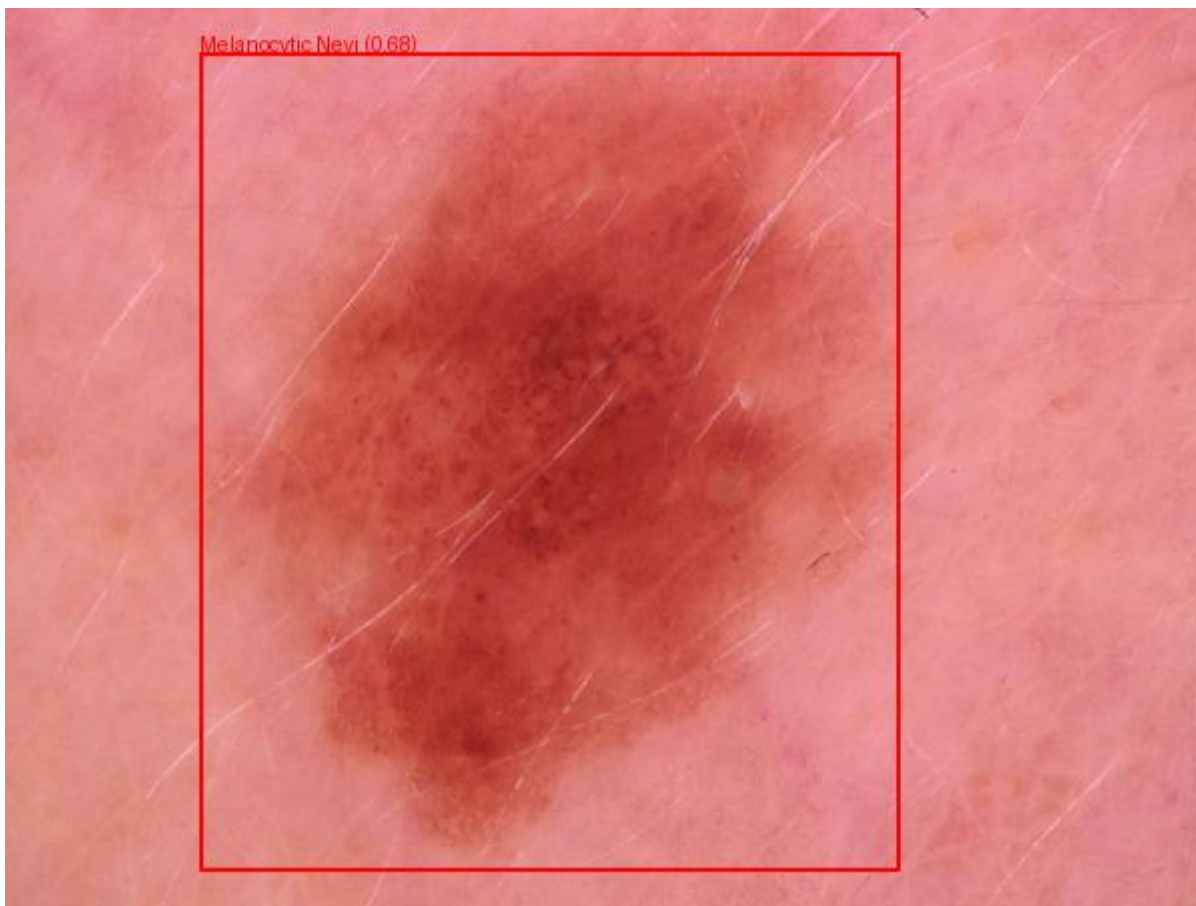
# Disease Report #REP-202505-CGZT

## Report Details

**Report Number:** REP-202505-CGZT

**Date:** 24 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 pigment. Most are harmless (benign), appearing as flat or raised spots, varying in color from light brown to black. However, some moles can develop into melanoma, a serious type of skin cancer. Regular monitoring for changes in size, shape, color, or symptoms is crucial.

**Precautions:**

**Sun Protection:** *Limit sun exposure, especially during peak hours (10 am - 4 pm), by using broad-spectrum sunscreen with an SPF of 30 or higher. Wear protective clothing, such as hats and long sleeves.*

**Regular Self-Exams:** Perform monthly skin self-exams to check for any new moles or changes in existing ones (ABCDEs of melanoma: Asymmetry, Border irregularity, Color variation, Diameter >6mm, Evolving).

**Professional Checkups:** See a dermatologist regularly for professional skin exams, particularly if you have many moles or a family history of melanoma.