

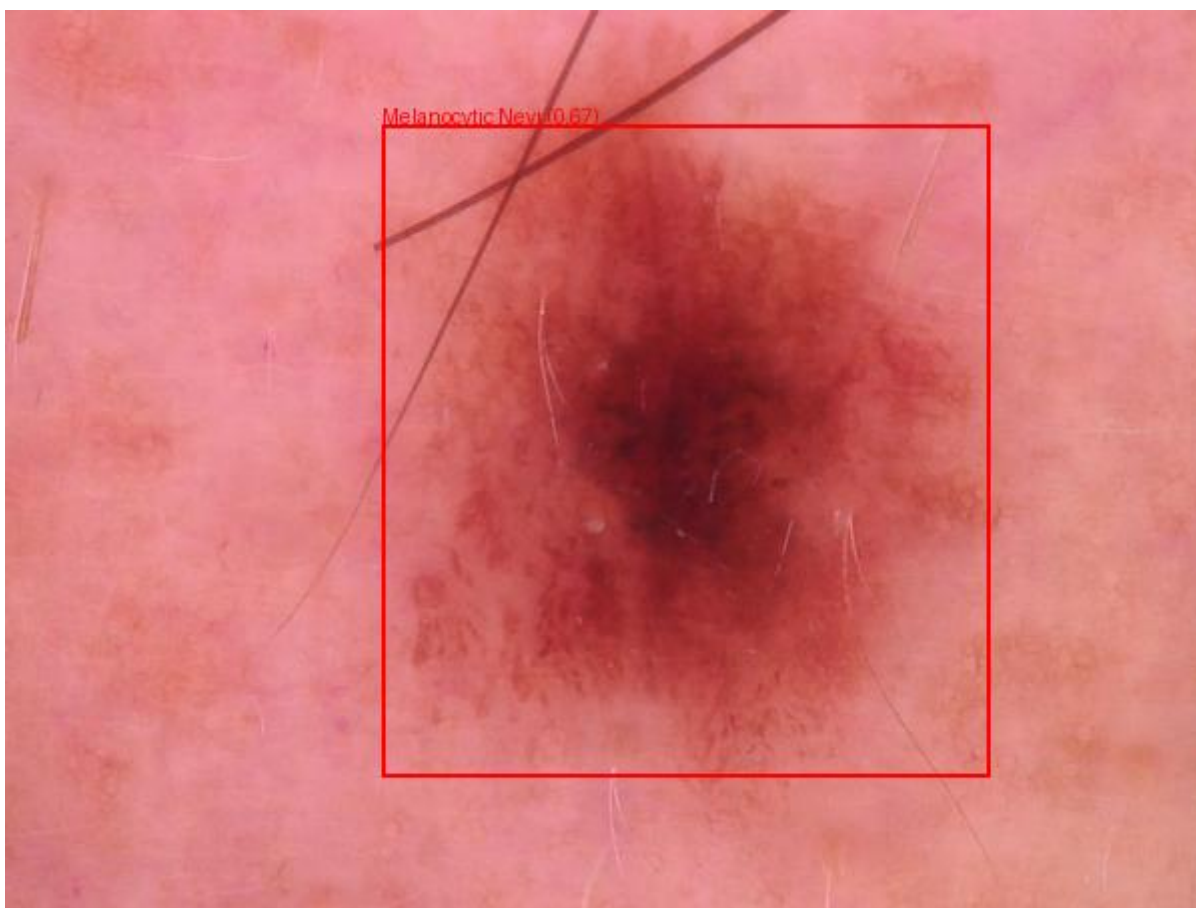
Disease Report #REP-202505-YXEZ

Report Details

Report Number: REP-202505-YXEZ

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 benign (non-cancerous) and harmless. However, some can develop into melanoma, a serious type of skin cancer. They vary in size, color (brown, black, tan, or even red or blue), and shape.

Precautions:

Sun Protection: *Regularly use a broad-spectrum sunscreen with an SPF of 30 or higher, especially during peak sun hours (10 a.m. to 4 p.m.). Wear protective clothing, such as hats and long sleeves, when exposed to the sun.*

Self-Exams: Regularly examine your skin for any changes in moles – size, shape, color, border, or elevation (ABCDEs of melanoma). Report any suspicious changes to a dermatologist immediately.

Avoid Tanning Beds: Ultraviolet (UV) radiation from tanning beds significantly increases the risk of skin cancer, including melanoma. Avoid them completely.