

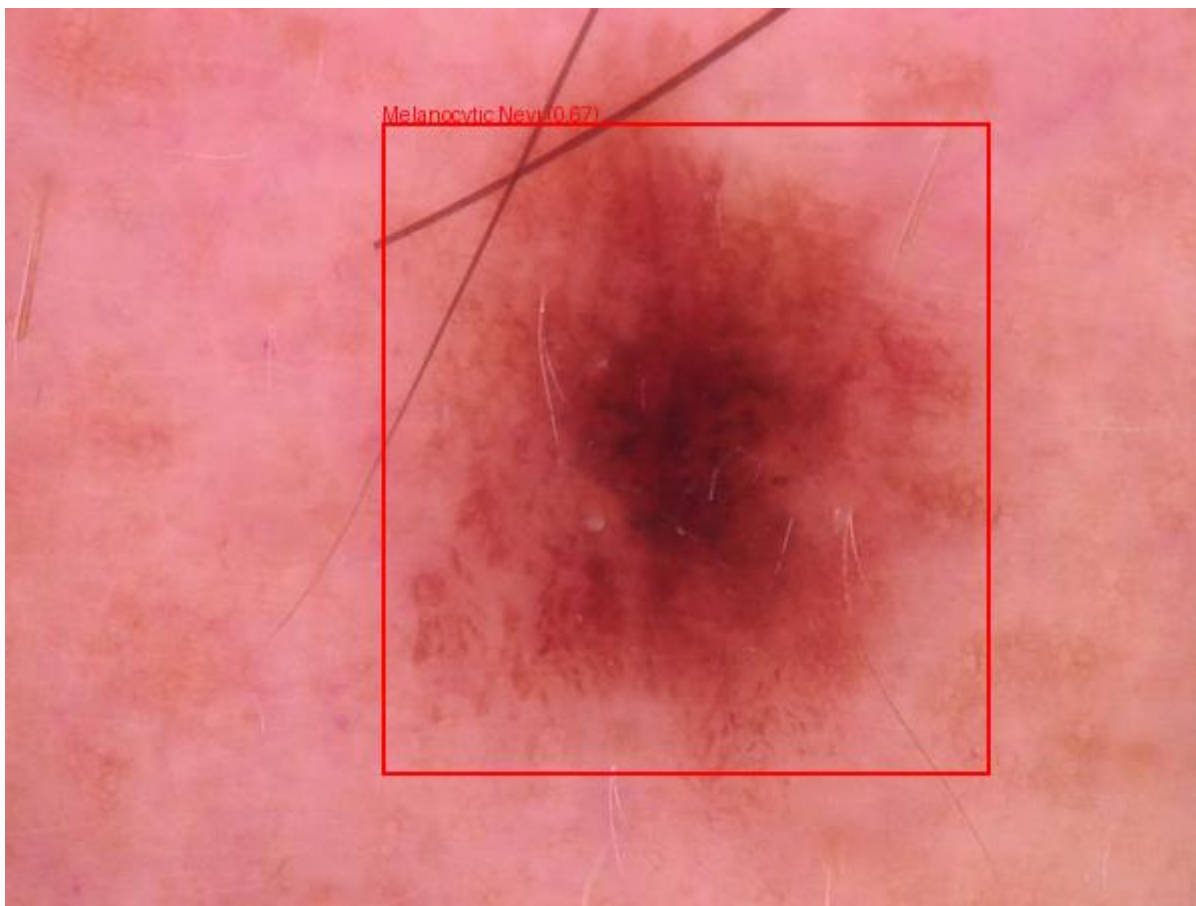
# Disease Report #REP-202505-ANTJ

## Report Details

**Report Number:** REP-202505-ANTJ

**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 up of melanocytes, the cells that produce melanin (skin pigment). Most are benign (non-cancerous) and harmless. However, some moles can potentially develop into melanoma, a serious type of skin cancer. They vary in size, color, and shape.

**Precautions:**

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

**Regular Self-Exams:** Periodically examine your skin for any changes in existing moles or the appearance of new ones (ABCDEs of melanoma: Asymmetry, Border irregularity, Color variation, Diameter greater than 6mm, Evolving).

**Professional Checkups:** Regular skin checks by a dermatologist, especially if you have many moles or a family history of skin cancer, are recommended.