

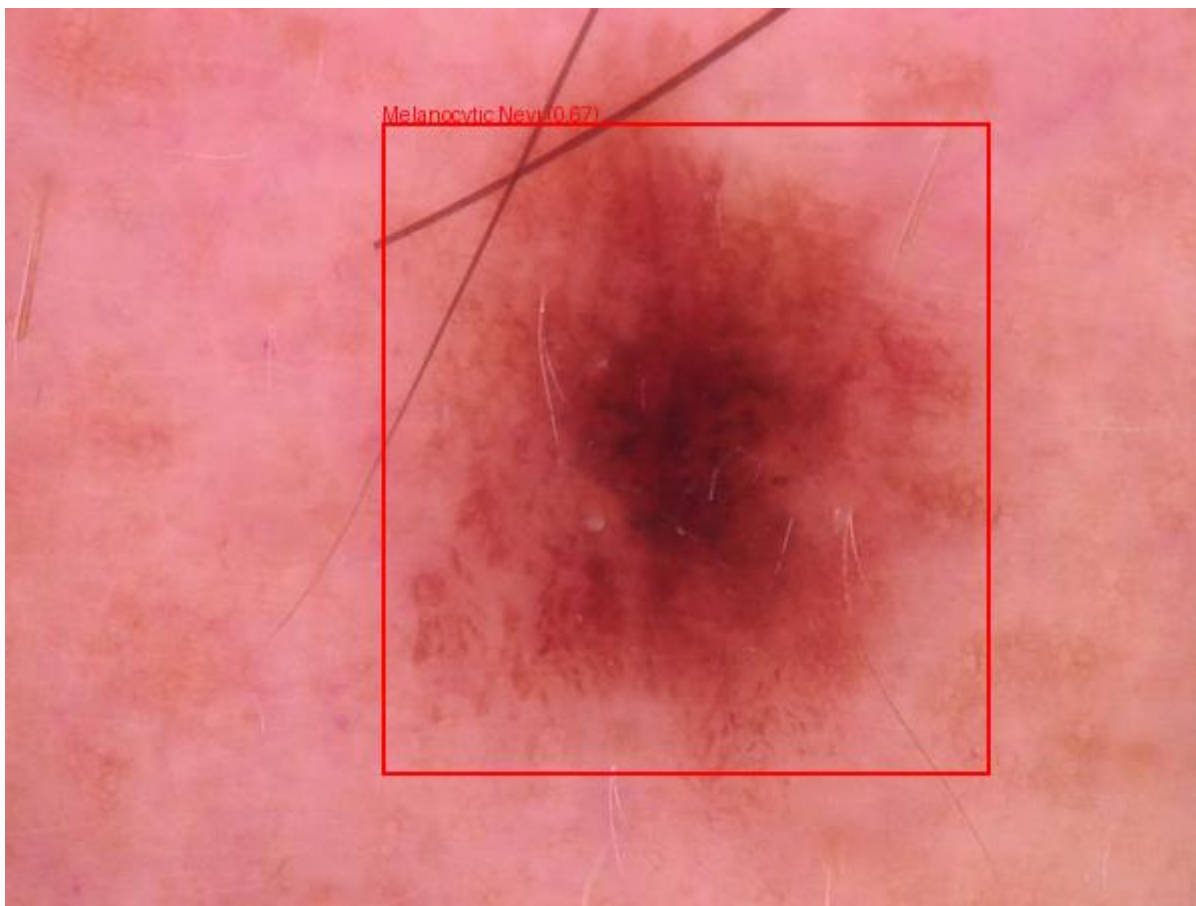
# Disease Report #REP-202505-I9CA

## Report Details

**Report Number:** REP-202505-I9CA

**Date:** 20 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 an aggregation of melanocytes, the cells that produce melanin (the pigment responsible for skin color). They are generally benign (non-cancerous), but some can develop into melanoma, a serious form of skin cancer. Moles vary in size, shape, color, and surface texture. They can be present at birth (congenital nevi) or develop later in life (acquired nevi). The different types of nevi include common acquired nevi (the most common type), dysplastic nevi (atypical moles with increased risk of melanoma), and congenital nevi (present at birth, varying in size from small to giant).

## 2. Common Symptoms:

Most moles are asymptomatic. However, you should look for changes in existing moles or the appearance of new moles that are:

**Asymmetrical:** *One half doesn't match the other half.*

**Border irregularity:** The edges are ragged, notched, or blurred.

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

**Diameter greater than 6mm:** Larger than a pencil eraser.

**Evolving:** *Changes in size, shape, color, or elevation. This is particularly concerning.*

## 3. Causes and Risk Factors:

*The exact cause of most moles is unknown, but genetic predisposition and sun exposure are major factors.*

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

**Sun exposure:** *Ultraviolet (UV) radiation from sunlight or tanning beds is a major risk factor for both mole development and melanoma. Fair skin, light hair, and light eyes increase susceptibility to UV damage.*

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

**Weakened immune system:** *Individuals with compromised immune systems may develop more moles or experience changes in existing ones.*

## 4. Preventive Measures:

**Sun protection:** Use a broad-spectrum sunscreen with an SPF of 30 or higher daily, even on cloudy days. Seek shade during peak sun hours (10 am to 4 pm). Wear protective clothing, including wide-brimmed hats and sunglasses.

**Regular self-exams:** *Examine your skin monthly for any new or changing moles. Use a mirror to check hard-to-see areas.*

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

**Professional skin exams:** *Schedule regular skin examinations with a dermatologist, especially if you have a family history of skin cancer or many moles. The frequency depends on individual risk factors.*

**Early detection:** If you notice any changes in a mole, consult a dermatologist immediately.

## **5. Recommended Diagnostic Tests:**

**Visual examination:** *A dermatologist will visually examine your skin, paying close attention to moles.*

**Dermoscopy:** A non-invasive technique that uses a special magnifying lens to examine the surface and subsurface structures of the mole.

**Biopsy:** *A small sample of tissue is removed and examined under a microscope to determine if the mole is cancerous. This is the gold standard for diagnosis. Types of biopsy include shave biopsy, punch biopsy, and excisional biopsy.*

## **6. Suggested Treatments and Medications:**

*Treatment for benign moles is usually not necessary unless they are cosmetically undesirable, causing irritation, or showing signs of change. Treatments for benign moles include:*

**Surgical excision:** The mole is completely removed with a scalpel.

**Shave excision:** *The top layer of the mole is shaved off.*

**Cryotherapy:** The mole is frozen off using liquid nitrogen.

**Laser therapy:** *A laser is used to remove the mole.*

*Treatment for cancerous moles (melanoma) is determined by the stage of the cancer and may include surgery, chemotherapy, radiation therapy, targeted therapy, immunotherapy, or a combination of these.*

## **7. Lifestyle or Dietary Recommendations:**

**Maintain a healthy diet:** A balanced diet rich in fruits and vegetables is important for overall health. While no specific diet prevents moles, a healthy lifestyle can support the immune system.

**Avoid excessive sun exposure:** *This is paramount for reducing the risk of developing new*

*moles and melanoma.*

**Manage stress:** Chronic stress can impact the immune system. Finding healthy ways to manage stress is important for overall well-being.

**Regular exercise:** Regular physical activity promotes a healthy immune system.

**Disclaimer:** This health report is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment. Self-treating can be dangerous.