

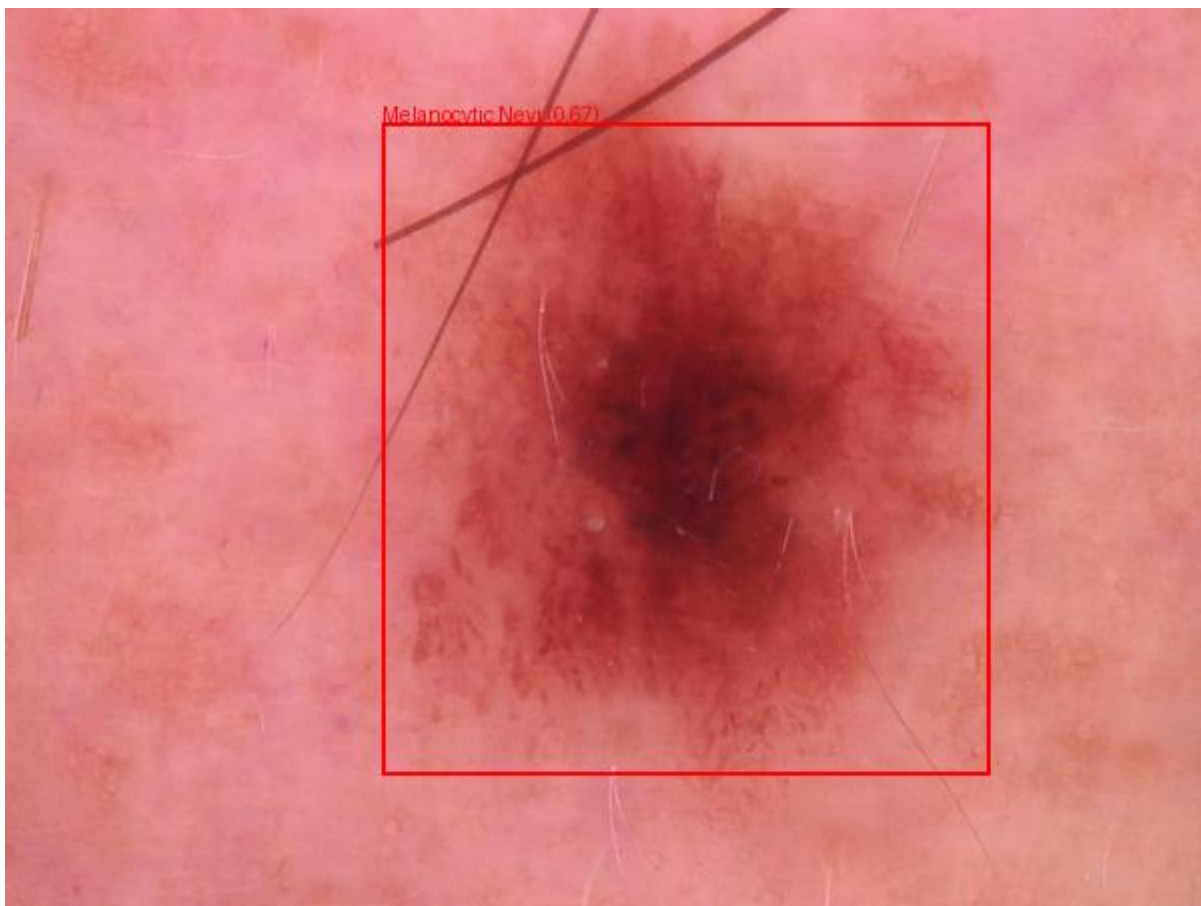
Disease Report #REP-202505-VSG3

Report Details

Report Number: REP-202505-VSG3

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 the clumping together of melanocytes, the cells that produce melanin (the pigment responsible for skin color). They can range in size, color (from light brown to black), and shape (flat or raised). The vast majority of melanocytic nevi are benign (non-cancerous). However, a small percentage can be dysplastic nevi (atypical moles) which carry a slightly increased risk of developing into melanoma (skin cancer). It's crucial to differentiate between benign and potentially dangerous moles.

2. Common Symptoms:

The most common symptom is the presence of a mole on the skin. Benign moles typically exhibit:

Uniform color: *Generally one color, though it may vary from light brown to dark brown or black.*

Well-defined borders: The edges are smooth and even.

Symmetrical shape: *One half mirrors the other.*

Small size: Usually less than 6 millimeters (about ¼ inch) in diameter.

Stable appearance: *The mole remains unchanged in size, shape, and color over time.*

Dysplastic nevi may present with:

Irregular borders: Edges are ragged, notched, or blurred.

Uneven color: *Multiple colors (shades of brown, tan, black, red, or white) are present.*

Asymmetry: One half doesn't match the other.

Large size: *Generally larger than 6 millimeters in diameter.*

Changing appearance: The mole changes in size, shape, color, or elevation over time. This is a critical warning sign.

3. Causes and Risk Factors:

The exact cause of melanocytic nevi is not fully understood, but genetics and sun exposure play significant roles.

Genetics: *A family history of moles, especially dysplastic nevi, increases the risk.*

Sun exposure: Exposure to ultraviolet (UV) radiation from the sun or tanning beds is a major risk factor, particularly during childhood and adolescence.

Fair skin: *Individuals with fair skin, light eyes, and blond or red hair are more susceptible.*

Weakened immune system: Individuals with compromised immune systems may develop

more moles.

4. Preventive Measures:

Sun protection: Regularly use 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.). Wear protective clothing, including hats and sunglasses.

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

Regular self-exams: Conduct monthly skin self-exams to monitor existing moles and identify any new ones. Pay close attention to changes in size, shape, color, or elevation.

Professional skin exams: Schedule annual professional skin examinations by a dermatologist, particularly if you have a family history of skin cancer or numerous moles.

Limit sun exposure: Reduce time spent in direct sunlight, especially during peak hours.

5. Diagnostic Tests:

Visual examination: A dermatologist will visually examine your moles using a dermatoscope (a magnifying device with a light source) to assess their characteristics.

Biopsy: If a mole appears suspicious (e.g., changing or exhibiting features of dysplastic nevi), a biopsy may be performed. This involves removing a small sample of tissue for microscopic examination to determine if it's cancerous.

6. Suggested Treatments and Medications:

Treatment for benign melanocytic nevi is usually not necessary unless they are cosmetically bothersome, prone to irritation, or bleeding. Treatment options include:

Surgical excision: The mole is surgically removed. This is the most common treatment for suspicious moles.

Shave excision: The mole is shaved off using a scalpel. This is typically used for superficial moles.

Laser therapy: Laser treatment can remove or lighten moles.

7. Lifestyle and Dietary Recommendations:

Maintain a healthy diet: A diet rich in fruits, vegetables, and antioxidants may support overall skin health.

Avoid smoking: Smoking can suppress the immune system and increase the risk of skin

cancer.

Stay hydrated: Adequate hydration is essential for maintaining healthy skin.

Disclaimer: This health report is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional for diagnosis and treatment of any medical condition. Early detection and treatment of melanoma are critical for improving outcomes. If you have concerns about a mole, schedule an appointment with a dermatologist promptly.