

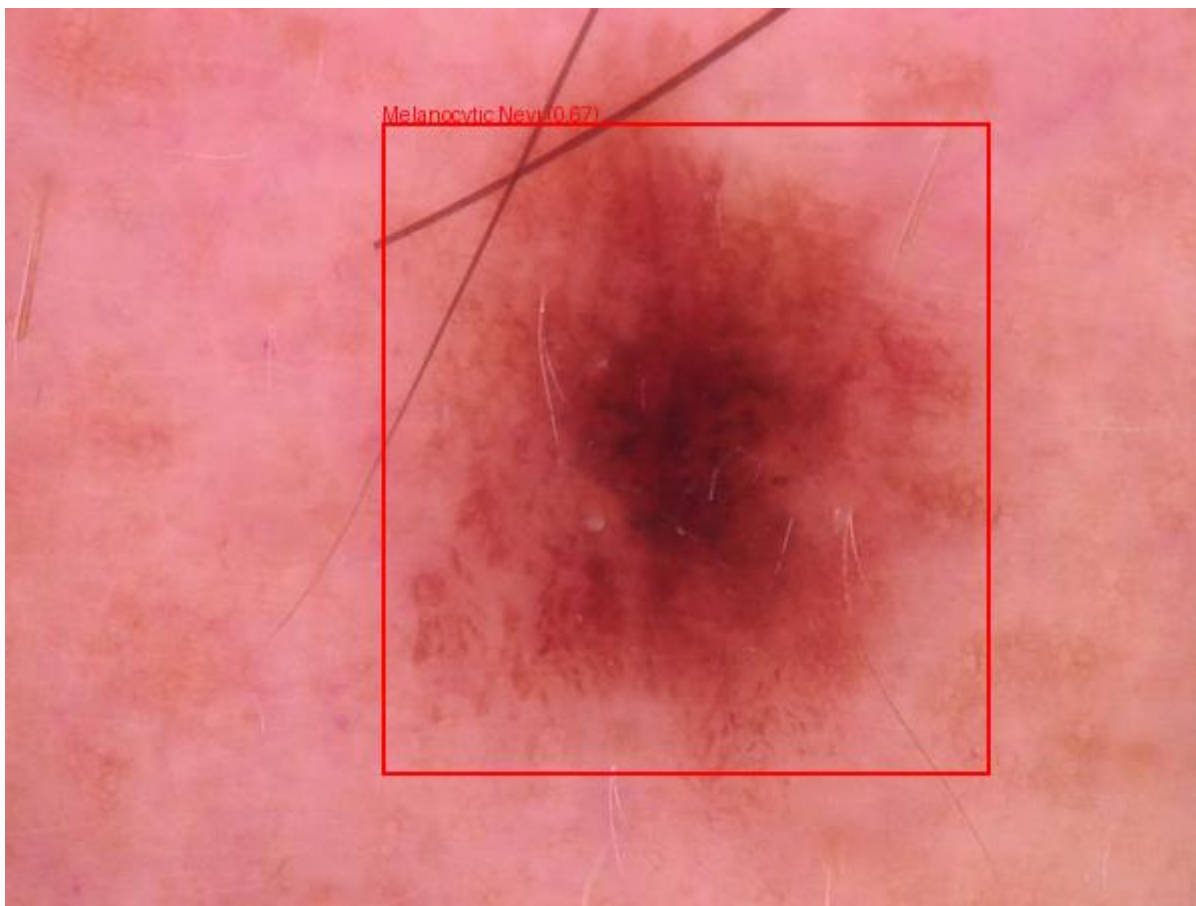
Disease Report #REP-202505-EBCE

Report Details

Report Number: REP-202505-EBCE

Date: 20 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 can develop into melanoma, a serious type of skin cancer. They vary in size, shape, color, and can be raised or flat.

Precautions:

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

Regular 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 promptly.

Avoid Tanning Beds: Ultraviolet (UV) radiation from tanning beds significantly increases the risk of skin cancer, including melanoma that can arise from moles.