

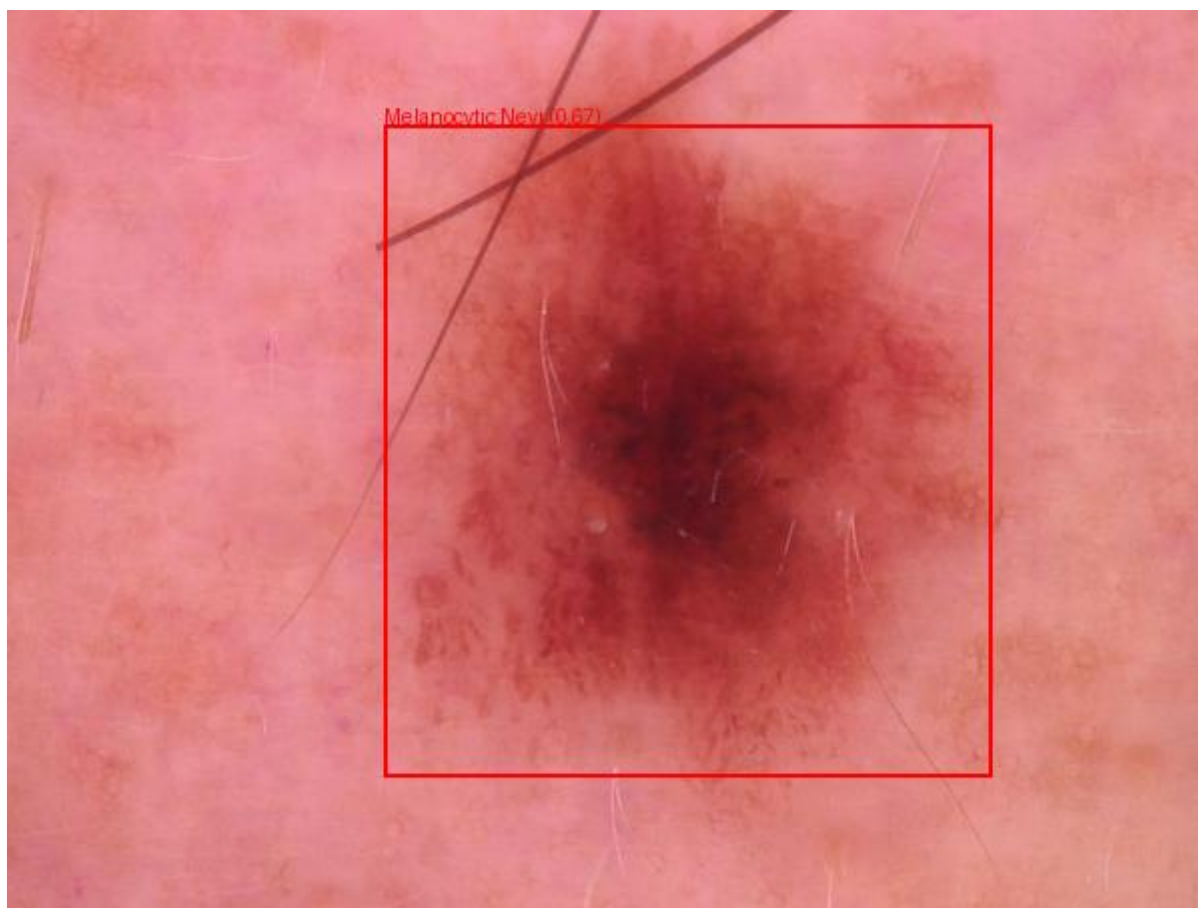
# Disease Report #REP-202505-K940

## Report Details

**Report Number:** REP-202505-K940

**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 clustering of melanocytes, the cells responsible for producing melanin (skin pigment). They can range in size, color (from brown to black), and shape (flat or raised). The vast majority of moles are benign (non-cancerous). However, some moles can be dysplastic (atypical) and have an increased risk of developing into melanoma, the most dangerous type of skin cancer. The distinction between benign and dysplastic nevi requires careful clinical examination and sometimes biopsy.

## 2. Common Symptoms:

The primary symptom of a melanocytic nevus is the presence of a mole on the skin. Characteristics to note include:

**Size:** Moles can vary greatly in size, from a few millimeters to several centimeters in diameter.

**Shape:** Benign moles are usually round or oval, while dysplastic nevi may have irregular borders.

**Color:** Color can range from light brown to dark brown or even black. Variations in color within a single mole (e.g., shades of brown, tan, and black) can be a warning sign.

**Texture:** Moles can be flat or raised, smooth or rough.

**Evolution:** Changes in size, shape, color, or symptoms (itching, bleeding) warrant immediate medical attention.

## 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 or melanoma increases the risk of developing melanocytic nevi.

**Sun Exposure:** Exposure to ultraviolet (UV) radiation from sunlight or tanning beds is a major risk factor for both the development of new moles and the potential for existing moles to become cancerous.

**Fair Skin:** Individuals with fair skin, light hair, and light eyes are at higher risk.

**Weakened Immune System:** People with weakened immune systems may be more prone to developing moles and atypical moles.

## 4. Preventive Measures:

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

**Protective Clothing:** *Wear long-sleeved shirts, long pants, and a wide-brimmed hat when exposed to the sun.*

**Avoid Tanning Beds:** Tanning beds emit high levels of UV radiation, significantly increasing the risk of skin cancer.

**Regular Self-Exams:** *Perform monthly skin self-examinations to check for any new or changing moles. Familiarize yourself with your skin's baseline appearance.*

**Professional Skin Exams:** Schedule regular professional skin exams with a dermatologist, especially if you have many moles, a family history of melanoma, or other risk factors.

## 5. Recommended Diagnostic Tests:

The primary diagnostic method for melanocytic nevi is a visual examination by a dermatologist. If a mole appears suspicious (e.g., asymmetrical, irregular borders, uneven color, diameter greater than 6 mm, evolving), the following tests may be recommended:

**Dermoscopy:** *A non-invasive technique using a special magnifying lens to examine the mole's structure.*

**Biopsy:** A small sample of the mole is removed and examined under a microscope to determine whether it is benign or malignant. This is the gold standard for diagnosing melanoma.

## 6. Suggested Treatments and Medications:

Treatment for benign melanocytic nevi is usually not necessary unless they are causing cosmetic concerns, irritation, or are in a location prone to friction. Options include:

**Surgical Excision:** *Surgical removal of the mole.*

**Shave Excision:** A less invasive procedure to remove the raised portion of a mole.

**Laser Treatment:** *Can be used to remove or lighten moles.*

*Treatment for dysplastic nevi or melanoma depends on the stage of the cancer and may include surgery, radiation therapy, chemotherapy, targeted therapy, or immunotherapy.*

## 7. Lifestyle or Dietary Recommendations:

**Maintain a Healthy Diet:** A balanced diet rich in fruits, vegetables, and antioxidants may support overall skin health.

**Limit Alcohol Consumption:** *Excessive alcohol consumption can increase the risk of certain cancers.*

**Quit Smoking:** Smoking is a risk factor for various cancers, including skin cancer.

**Manage Stress:** Chronic stress can negatively impact immune function.

**Disclaimer:** This health report provides general information and should not be considered medical advice. Always consult with a qualified healthcare professional for diagnosis and treatment of any medical condition. Early detection and intervention are crucial for managing melanocytic nevi and preventing the development of melanoma.