

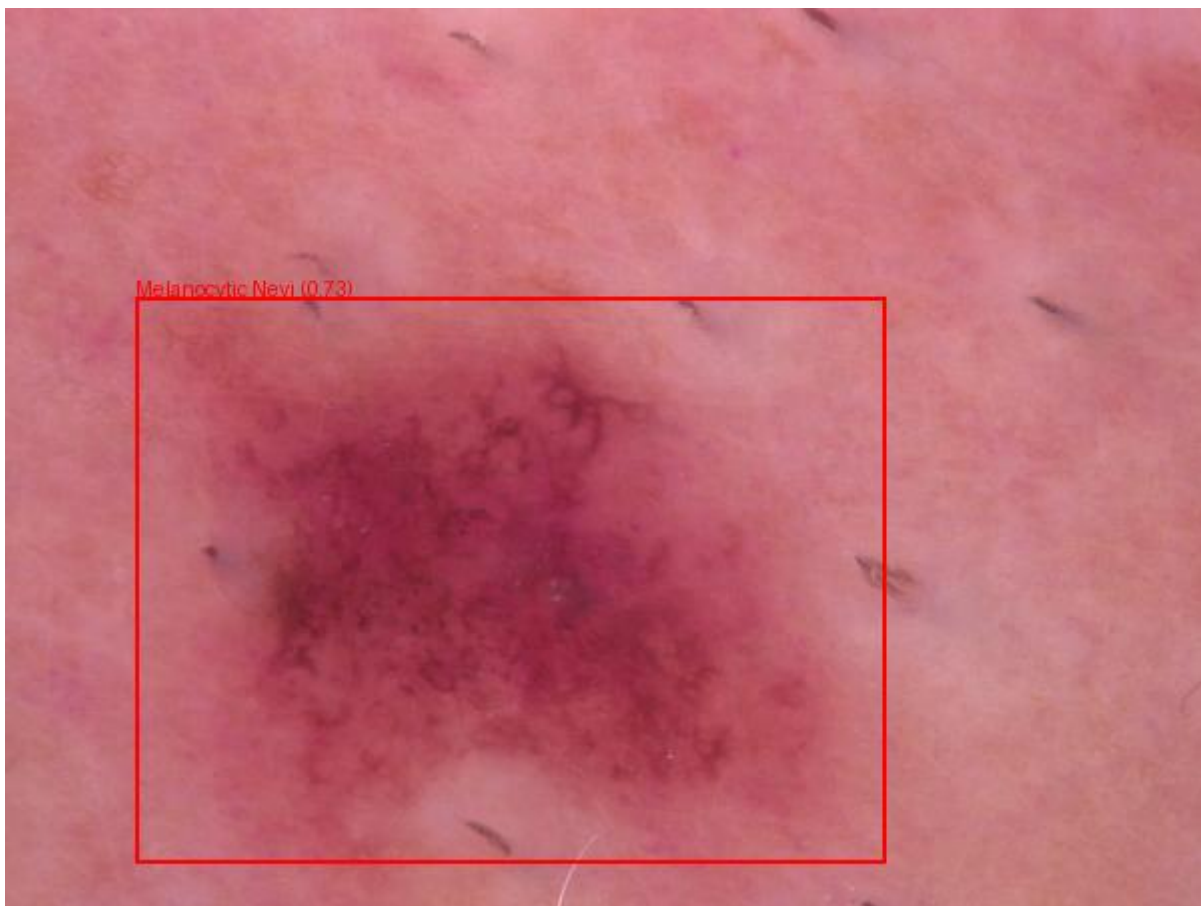
# Disease Report #REP-202505-HNF4

## Report Details

**Report Number:** REP-202505-HNF4

**Date:** 24 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 harmless, but some can develop into melanoma, a type of skin cancer. They vary in size, color (brown, black, tan, red), and shape.

**Precautions:**

**Sun Protection:** *Regularly use a broad-spectrum sunscreen with an SPF of 30 or higher, especially during peak sun hours (10 am - 4 pm). Wear protective clothing like hats and long sleeves.*

**Self-Exams:** Regularly examine your skin for any changes in moles (ABCDEs of melanoma: Asymmetry, Border irregularity, Color variation, Diameter greater than 6mm, Evolving/changing). If you notice any changes, consult a dermatologist.

**Professional Checkups:** Have a dermatologist check your moles regularly, especially if you have many moles or a family history of melanoma.