

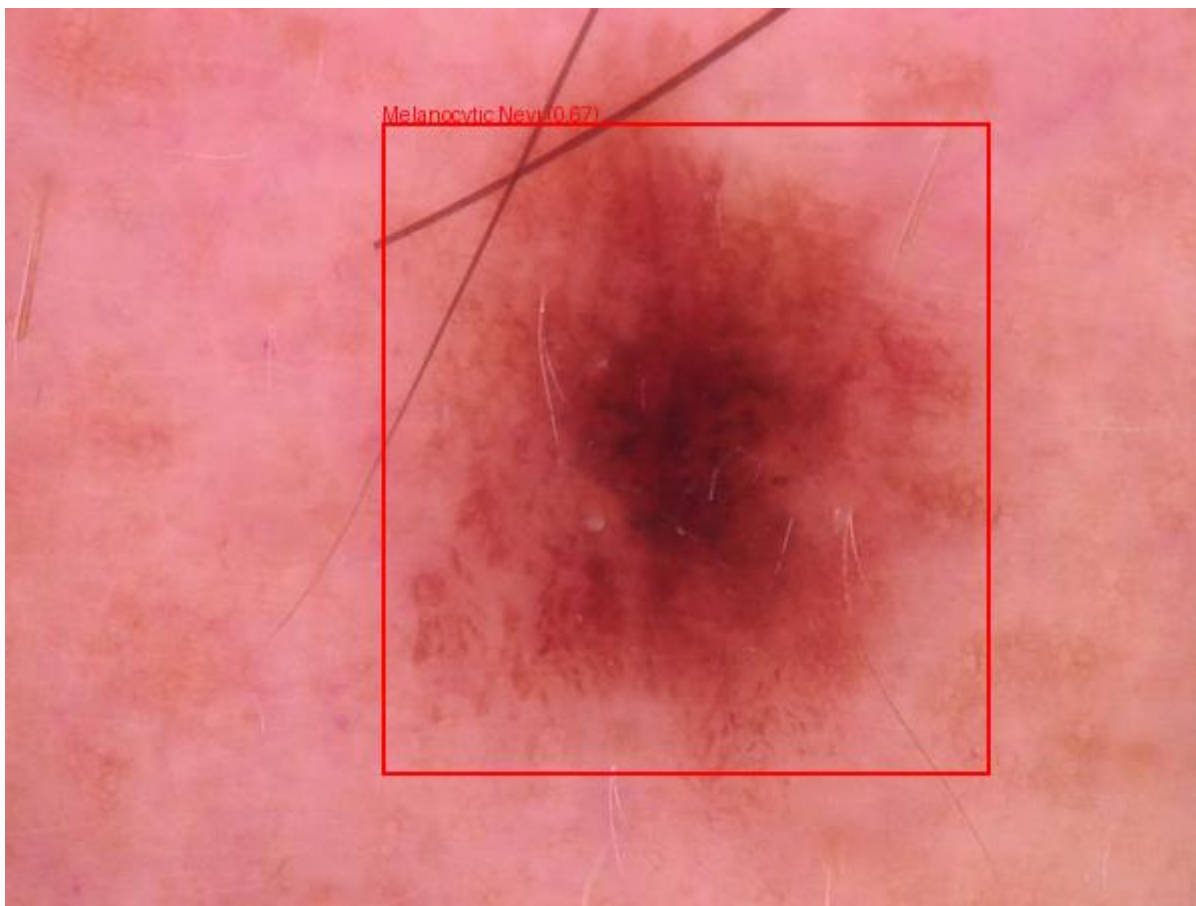
Disease Report #REP-202505-OLUL

Report Details

Report Number: REP-202505-OLUL

Date: 22 May 2025

Disease: Melanocytic Nevi



Diagnosis and Recommendations

Melanocytic Nevi (Moles)

Description: Melanocytic nevi, commonly known as moles, are growths on the skin made of melanocytes, the cells that produce melanin (skin pigment). Most are harmless, but some can develop into melanoma, a dangerous type of skin cancer. They vary in size, color, and shape.

Precautions:

Sun Protection: *Regular use of sunscreen with a high SPF (30 or higher), seeking shade during peak sun hours (10 am - 4 pm), and wearing protective clothing (hats, long sleeves) are crucial to preventing new moles and protecting existing ones from further sun damage.*

Regular Self-Exams: Regularly examine your skin for any changes in existing moles (size, shape, color, border, elevation) or the appearance of new moles. Report any suspicious changes to a dermatologist immediately.

Avoid Tanning Beds: Ultraviolet (UV) radiation from tanning beds significantly increases the risk of developing moles and melanoma. Avoid them completely.