

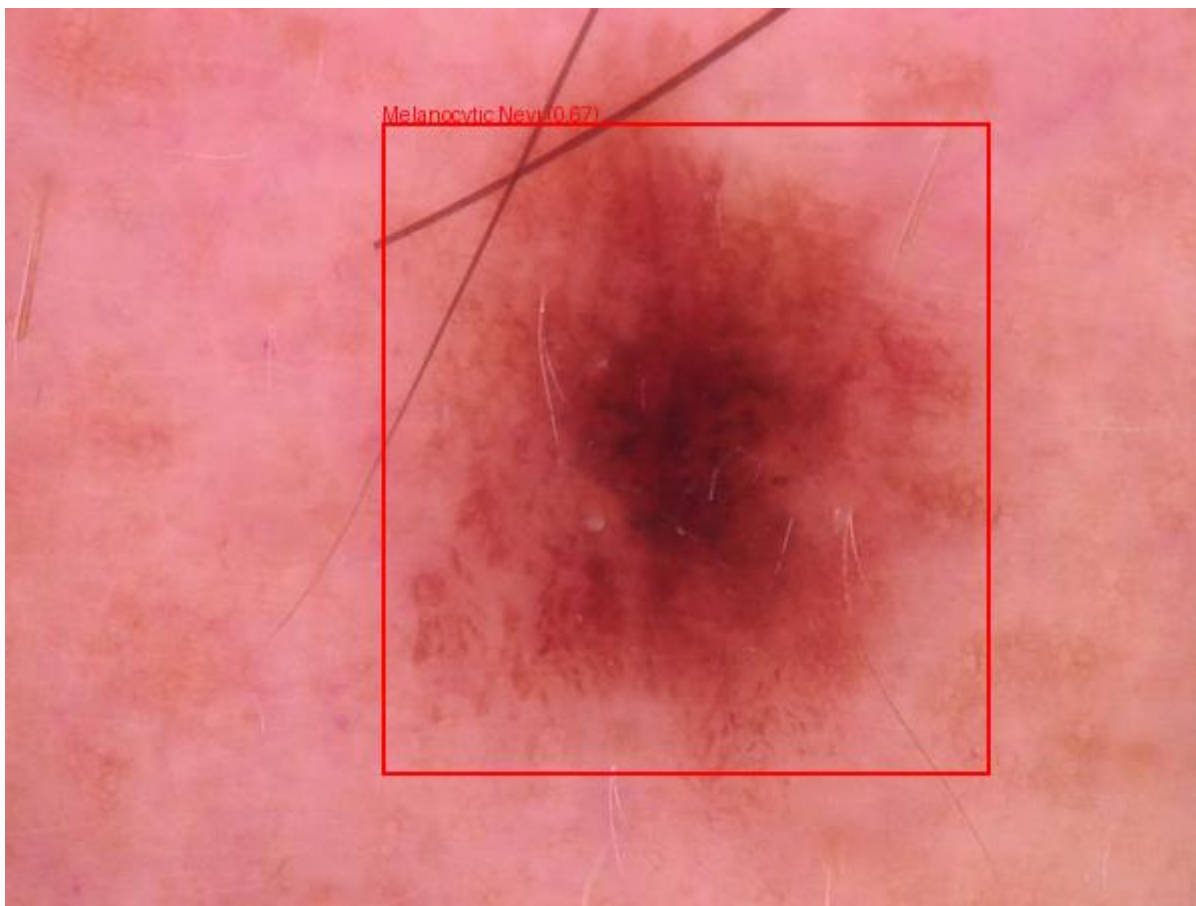
# Disease Report #REP-202505-HILP

## Report Details

**Report Number:** REP-202505-HILP

**Date:** 21 May 2025

**Disease:** Melanocytic Nevi



## Diagnosis and Recommendations

**Melanocytic Nevi (Moles)**

**Description:** Melanocytic nevi, commonly known as moles, are benign (non-cancerous) growths on the skin. They develop from melanocytes, the cells that produce melanin (skin pigment). Moles can vary in size, color (brown, black, tan, or even red or blue), and shape. While most are harmless, some have a higher risk of developing into melanoma (skin cancer), particularly those that are atypical or change over time (ABCDEs of melanoma).

**Precautions:**

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

**Regular Self-Exams:** Perform monthly skin checks, examining all areas of your body for any new moles, changes in existing moles (size, shape, color, border, elevation), or any other unusual skin lesions. Pay particular attention to areas with increased sun exposure.

**Professional Checkups:** Schedule regular skin exams with a dermatologist, especially if you have many moles, a family history of melanoma, or notice any changes in a mole.