

Atypical Moles (Dysplastic Nevi)

Complete discussion guide

A printable set of questions to bring to appointments with your care team. Each section below is also available as its own one-page checklist.

Sections

1. What Makes a Mole "Atypical" — and How It Differs From a Normal Mole
2. Warning Signs an Atypical Mole May Be Turning Into Melanoma
3. What a Dermatologist Looks For When Examining Atypical Moles
4. When Does an Atypical Mole Need to Be Biopsied or Removed?
5. How Often Should You Get Your Skin Checked If You Have Atypical Moles?
6. Does Having Atypical Moles Mean You're at Higher Risk for Melanoma?
7. The Best Way to Track Changes in Your Moles Over Time
8. How to Protect Your Skin and Prevent New Atypical Moles

<https://www.beatingskincancer.com/atypical-nevi>



What Makes a Mole "Atypical" — and How It Differs From a Normal Mole

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/what-makes-a-mole-atypical>

Appointment date

Doctor's name

- ☐ Which of my moles do you consider atypical, and how many are there?

- ☐ Is any one of them concerning enough to biopsy now, or are we monitoring?

- ☐ Should we take baseline photos so we can compare at my next visit?

- ☐ Given my moles, how often should I be seen, and should I do monthly self-exams?

- ☐ Does my family history change how closely you want to watch these?



Warning Signs an Atypical Mole May Be Turning Into Melanoma

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/warning-signs-of-melanoma-change>

Appointment date

Doctor's name

☐ Which of my moles should I photograph and watch most closely?

☐ This mole has changed — do you want to biopsy it or monitor it?

☐ What specific changes should make me call you before my next scheduled visit?

☐ Can you show me which of my moles is the "ugly duckling," if any?

☐ How do I check areas I can't see well, like my scalp, back, and soles?



What a Dermatologist Looks For When Examining Atypical Moles

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/dermatologist-evaluation-dermoscopy>

Appointment date

Doctor's name

- ☐ Do you use dermoscopy, and did any of my moles look concerning under it?

- ☐ Would I benefit from baseline total-body photography or digital mole mapping?

- ☐ Which specific moles are you planning to re-check next time?

- ☐ Are we biopsying anything today, or monitoring — and why?

- ☐ How thoroughly were my scalp, soles, and nails checked?



When Does an Atypical Mole Need to Be Biopsied or Removed?

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/when-to-biopsy-or-remove>

Appointment date

Doctor's name

- ☐ Why are we biopsying this mole — what did you see that concerned you?

- ☐ Which technique will you use, and will the whole mole be removed?

- ☐ When will results be back, and how will I hear them?

- ☐ If it comes back as a dysplastic nevus, what grade and margin would prompt more surgery?

- ☐ For the moles we're not removing, what's the monitoring plan?



How Often Should You Get Your Skin Checked If You Have Atypical Moles?

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/surveillance-schedule>

Appointment date

Doctor's name

☐ Given my moles and history, how often do you want to see me?

☐ What puts me in that risk category, and could it change over time?

☐ Should I have baseline total-body photography?

☐ How should I do my monthly self-exam, and which moles matter most?

☐ What specifically should make me call before my next scheduled visit?



Does Having Atypical Moles Mean You're at Higher Risk for Melanoma?

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/melanoma-risk-association>

Appointment date

Doctor's name

- ☐ Based on my moles and history, roughly how elevated is my melanoma risk?

- ☐ Do I have enough atypical moles or family history to consider genetic counseling?

- ☐ How does my risk change what we do — exam frequency, photography, sun advice?

- ☐ Which of my risk factors can I actually influence?

- ☐ What's my plan if a suspicious mole shows up between visits?



The Best Way to Track Changes in Your Moles Over Time

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/tracking-changes-over-time>

Appointment date

Doctor's name

☐ Which specific moles do you want me to photograph and watch closely?

☐ How often should I redo my baseline photos?

☐ Do you offer total-body photography or digital dermoscopy for my situation?

☐ What's the best way to send you a photo if I spot a change between visits?

☐ Can you mark my watched moles on a body map I can take home?



How to Protect Your Skin and Prevent New Atypical Moles

Atypical Moles (Dysplastic Nevi)

<https://www.beatingskincancer.com/atypical-nevi/prevention-and-sun-protection>

Appointment date

Doctor's name

☐ Given my skin type and moles, how aggressive should my sun protection be?

☐ Which sunscreen type and SPF do you recommend for daily use?

☐ Should my children be screened or counseled given our family's mole pattern?

☐ Should I have my vitamin D level checked?

☐ Beyond sun protection, is there anything else that would lower my risk?