



# The Sun Bus

## Skin Savvy Monthly

### May 2026

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Your monthly guide to sun safety, expert skin health insights, and the latest updates from The Sun Bus's community outreach initiatives.

## Is One Morning Application of Sunscreen Enough?

Lydia Maxon, Incoming OMS1

- ☀ Typically, during the first application, not enough product is used and is applied unevenly, so **reapplication reduces the chance of missed spots.**<sup>1</sup>
- ☀ Activities like sweating, swimming, or toweling remove sunscreen from the skin, requiring reapplication.<sup>2</sup>
- ☀ It is advised to apply sunscreen 15-30 minutes before sun exposure and every 2 hours during sun exposure.<sup>2</sup>



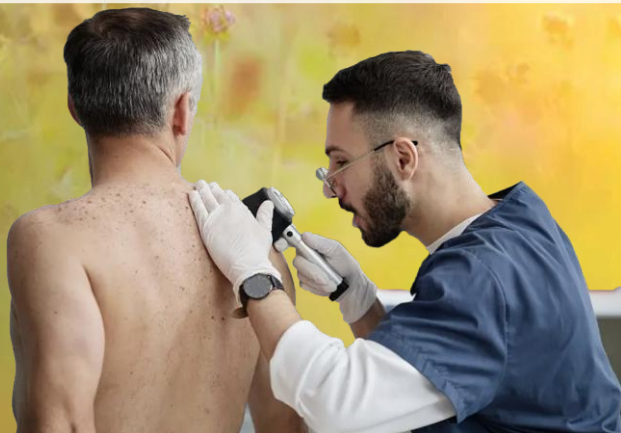
## What is an “Ugly Duckling” Mole?

By Stephanie Ezeoke, MS3

An “ugly duckling” mole is one that **does not match your other moles.**<sup>3</sup>

It looks off in size, color, or shape. Trust your instinct: **outliers matter.**<sup>3</sup>

If it is new or changing, get it checked by a dermatologist, as early detection saves lives.<sup>3</sup>



## ABCDEs of Melanoma

By Vanessa Villacarte, OMS III

The ABCDEs of melanoma is a mnemonic used to identify key warning signs in a suspicious skin lesion that may be melanoma:



Asymmetry

One half doesn't match the other half<sup>4</sup>



Border

Ragged edges, not well defined<sup>4</sup>



Color

Different shades of pigment<sup>4</sup>



Diameter

>6mm (larger than the size of a pencil eraser)<sup>4</sup>



Evolution

Size, shape, color changes over time<sup>4</sup>

Abbreviations: MS = Medical Student, OMS = Osteopathic Medical Student, SPF = Sun Protective Factor.

References: 1. Heerfordt IM et al. (2018). Sunscreen use optimized by two consecutive applications. *PLOS ONE*. 2. Diffey BL. (2001). When should sunscreen be reapplied? *Journal of the American Academy of Dermatology*. 3. Grob JJ et al. (1998). The “ugly duckling” sign. *Journal of the American Academy of Dermatology*. 4. American Cancer Society. (2026). *Cancer prevention & early detection facts & figures*.

# Polypodium Leucotomos Extract: An Add-On For UV Protection

By: Margaret "Meg" Mercante, MS3



Oral Polypodium leucotomos is a fern extract native to Central and South America that may offer modest extra sun protection by making skin slightly more resistant to UV-induced redness.<sup>5</sup> Oral Polypodium leucotomos is the main ingredient of Heliocare, a dietary supplement found in Walgreens and online.

Small human studies suggest **it may reduce sunburn-type inflammation** through antioxidant, DNA repair, and immune effects, but the evidence is still limited.<sup>5</sup> It should be used only as an add-on and not a replacement for sunscreen.

## Poorer Melanoma Outcomes in Asian and Pacific Islander Populations

By: Nicole Chin, MS4

Asian American and Pacific Islander (AAPI) individuals are less frequently diagnosed with skin cancer compared to White Americans, but AAPIs have higher mortality rates once diagnosed.

### Melanoma-specific findings<sup>6</sup>:

- Approximately **27% increased mortality risk** compared to White patients
- More likely to be **diagnosed at later stages**

### Contributing factors<sup>6</sup>:

- Lower clinical suspicion for melanoma in AAPI patients
- Misconception that AAPIs are “immune” to skin cancer
- Reduced engagement in routine skin checks
- Lack of tailored education and clinical resources for minority populations

### Key takeaway:

- Improving early detection and prevention in AAPI populations could significantly reduce mortality.

**Abbreviations:** MS = Medical Student, UV = Ultraviolet Radiation, DNA = Deoxyribonucleic Acid.

**References:** 5. Palomino, Olga Maria. (2015). "Current knowledge in Polypodium leucotomos effect on skin protection." Archives of dermatological research. 6. UC Berkeley School of Public Health. (2020). Disparities in melanoma outcomes among Asian American and Pacific Islander patients.