



# The Sun Bus Skin Savvy Monthly May 2025

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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.

## ABCDE of Melanoma: A Simple Guide to Checking Your Moles<sup>1,2</sup>

By Benazir Merchant, MS1

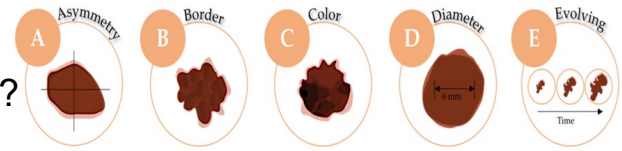
**A**symmetry: If a line is drawn in the middle of the mole, does each side not match?

**B**order: Does the mole's border look irregular?

**C**olor: Is the mole changing color?

**D**iameter: Is the mole larger than a pencil eraser (6 mm)?

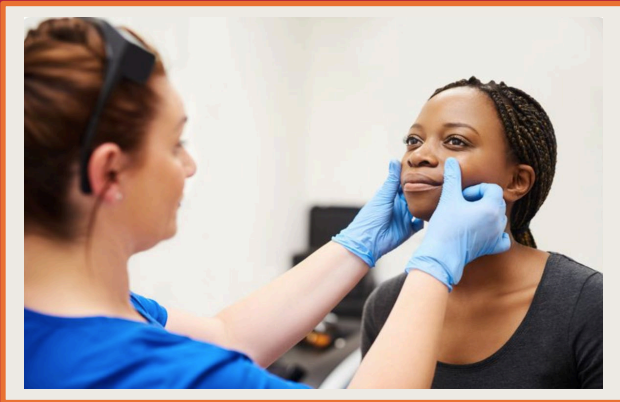
**E**volving: Is the mole changing over time?



If any of these features apply to any of your moles, see a dermatologist to have it examined.

## Why Regular Dermatologist Visits Save Lives

By Sydney Ambrose, MS2



Seeing a dermatologist **regularly** can save your life. High-risk patients who had regular skin checks, melanoma was caught early—when it's easiest to treat.<sup>3</sup> Early detection means **less worry, fewer procedures, and better outcomes**.

Don't wait, your skin check could make all the difference!

## Melanoma Risk Factors

By Victoria Asuquo, MS3

Melanoma risk factors include excessive exposure to UV light, personal or family history of melanoma, fair skin, and having more than 50 moles.<sup>4</sup> Did you know that alcohol can play a role too? Nearly a 50% higher risk in those with the highest lifetime alcohol intake.<sup>5</sup> So whether you're beach-bound or brunching, remember: sun safety and smart sipping support lifelong skin health.



Abbreviations: MS= Medical Student, UV=ultraviolet

References:

1. Tsao H, Olazagasti JM, Cordoro KM, et al. Early detection of melanoma: Reviewing the ABCDEs. *JAAD*. 2015;72(4). 2. Lopes J, Rodrigues CMP, Gaspar MM, Reis CP. Melanoma management: From epidemiology to treatment and latest advances. *Cancers*. 2022;14(19). 3. Watts CG, Cust AE, Menzies SW, Coates E, Mann GJ, Morton RL. Specialized surveillance for individuals at high risk for melanoma. *JAMA Derm*. 2015;151(2). 4. Skin cancer. *AAD*. 2025. 5. Wunderlich K, Suppa M., Gandini S., Lipski J., White J.M., Del Marmol V. Risk factors and innovations in risk assessment for melanoma, basal cell carcinoma, and squamous cell carcinoma. *Cancers*. 2024;16(1016).

# What You Should Know about Ocular Melanoma

By Kiley Hassevoort, MS2

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Did you know that melanoma can also develop in your eye?

Symptoms include vision loss, blurry vision, flashes of light, and floaters, but it can also present without symptoms.<sup>6, 7</sup>

Just like melanoma on the skin, risk factors include; fair skin, light-colored eyes, and inability to tan.<sup>6,7</sup>

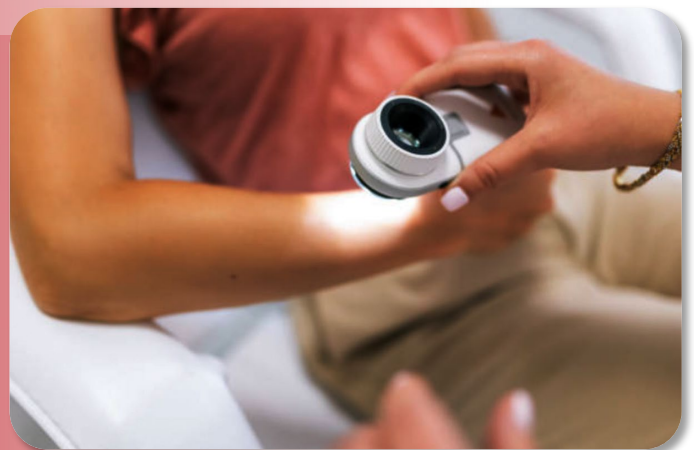
Remember to get yearly eye exams!



## Melanoma in Young Adults: A Growing Concern

By Lola Oladinni, MS3

- ☀️ Melanoma is rising in young people, especially women under 30, likely due to tanning behaviors.<sup>8</sup>
- ☀️ It's the most common cancer in young adults aged 25-29.<sup>9</sup>
- ☀️ Indoor tanning increases melanoma risk by 59%.<sup>10</sup>
- ☀️ Early detection = Higher survival.<sup>11</sup>
- ☀️ Know your skin and get checked!



## Melanoma Stages: Early Actions, Better Outcomes<sup>12</sup>

By Edwine Coulanges, MS3



**Stage 0**

The tumor is in the topmost layer of skin and has not spread (*"in situ"*).



**Stage I**

The tumor involves the top two layers of skin (epidermis and dermis).



**Stage II**

The tumor involves the top two layers of skin and is ulcerated.



**Stage III**

The tumor spread beyond the skin and involves 1+ nearby ("regional") lymph nodes.



**Stage IV**

The tumor spread farther to more distant areas of the body (*"metastasis"*).

### References:

6. M.D, SP. Uveal melanoma: What is it? *MD Anderson Cancer Center*. 2011. 7. Barbi M, Carvajal R, Devoe C. Updates in the management of uveal melanoma. *Cancer*. 2024;30(2). 8. Lazovich D, Vogel RI, Berwick M, Weinstock MA, Anderson KE, Warshaw EM. Indoor tanning and risk of melanoma: a case-control study in a highly exposed population. *Cancer Epidemiol Biomarkers Prev*. 2010;19(6). 9. Wu XC, Eide MJ, King J, et al. Racial and ethnic variations in incidence and survival of cutaneous melanoma in the United States, 1999-2006. *JAAD*. 2011;65(5 Suppl 1). 10. Bonioli M, Autier P, Boyle P, Gandini S. Cutaneous melanoma attributable to sunbed use: systematic review and meta-analysis. *BMJ*. 2012;345. 11. AAD. Melanoma: Signs and symptoms. N.d. 12. AIM at Melanoma. What are the stages of melanoma? N.d.