



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

Tropical Travel This Winter? Go Reef-Safe

By Monika Ziogaite, MS4

Some sunscreen ingredients can linger in oceans and harm delicate coral reefs. Research suggests applying **mineral sunscreen** with zinc oxide or titanium dioxide helps protect both your skin and the reefs you're visiting.¹



Ask a Skin Expert

By Kiley Hassevoort, OMS3

Kiley:

Dr. Delost, what is UPF clothing and do I still need sunscreen with it?

Dr. Delost*:

UPF stands for ultraviolet protective factor, which measures the photoprotective capacity of clothing against the sun. I am a fan of UPF clothing in general, especially for those who don't choose to wear sunscreen; however, I still think it's also a good idea to wear sunscreen with it for added protection.

How to Get Involved: Skin Cancer Advocacy

By Jonique Depina, MS3

Looking for ways to get involved in skin cancer advocacy? Try these tips:

1. Volunteer with organizations like The Sun Bus or Impact Melanoma.²
2. Spread awareness during Skin Cancer Awareness Month in May.³
3. Work with local dermatology clinics or The Sun Bus to run free skin screenings.
4. Get involved with advocacy groups like the American Cancer Society.

*Dr. Rachel Delost, DO is a board-certified dermatologist with Optima/Advanced Dermatology (Ohio) and gave permission to be quoted in this newsletter.

Abbreviations: MS = Medical Student, OMS = Osteopathic Medical Student, UPF= Ultraviolet Protective Factor

References: 1. Current Dermatology Reports. (2020). Sunscreen safety: A review of recent studies on humans and the environment. 2. IMPACT Melanoma. (2026). Make a Difference. 3. American Academy of Dermatology. (2025). May Is Skin Cancer Awareness Month.

Research Article of the Month: Sun Smart Starts at the Label

By Sydney Ambrose, MS3

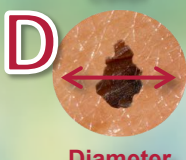
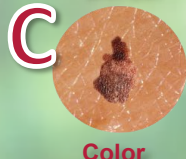


Most people still don't know when to reapply sunscreen and labels are part of the problem. New research shows that clear front-of-pack instructions improve understanding and intention to reapply **every two hours**.⁵ Bold, simple icons work best, especially for reapplying after swimming or sweating.



Family History of Melanoma: What You Need to Know

By Vy Bui, MS1



Are you at risk?

People who have a first-degree relative with a history of melanoma have a **74% higher risk** of melanoma.⁶

What should you do?

- Perform monthly skin self-checks (**ABCDEs**)
- Schedule yearly full body skin exams with a dermatology provider
- Practice sun safety (**SPF 30+** daily, wear hats, seek shade).

Sunscreen Reform Update: The SAFE Sunscreen Standards Act

By Bianca Patel, MS3

After 25 years, the FDA proposed the approval of a new sunscreen active ingredient called **Bemotrizinol**.⁷

This ingredient provides safe and effective UVA/UVB ray protection from 6 months of age to adulthood.⁷

The Skin Cancer Foundation's advocacy for this act will increase needed innovation in addressing the most common cancer in the U.S.⁷



Abbreviations: MS = Medical Student, SPF = Sun Protective Factor, FDA = Food and Drug Administration, UVA = Ultraviolet Radiation A, UVB = Ultraviolet Radiation B
References: 5. BMC Public Health. (2025). Clear front-of-pack labelling information can improve sunscreen reapplication knowledge and intentions: Findings from an online experiment. 6. Journal of the American Academy of Dermatology. (2019). Having a first-degree relative with melanoma increases lifetime risk of melanoma, squamous cell carcinoma, and basal cell carcinoma. 7. The Skin Cancer Foundation. (2025). SAFE Sunscreen Standards Act.