

The Sun Bus

Skin Savvy Monthly

July 2026

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By

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MD
SKINCARE

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

Sunscreen on Cloudy Days

By Dawnica Nadora, MD

Even on cloudy days, wearing sunscreen is a must! **Harmful UV rays can still pass through the clouds**, increasing your risk of skin damage.¹

Weather can also change quickly, so make sunscreen part of your daily routine to protect your skin, regardless of the weather forecast!

Sunscreen Use at the Pool/Beach

By Nadine Belony, OMS II

Sunscreen helps protect your skin from harmful UV rays, which can cause sunburn, premature aging, and increase the risk of skin cancer.²

Choose a **water-resistant sunscreen** when swimming and remember to first apply 15 - 30 minutes before sun exposure and reapply 15 - 30 minutes after initial exposure, followed by every two hours.²

The Silent Passenger: UV Rays in Your Car

By Vy Bui, MS2

Americans spend around 90 minutes driving each day, exposing themselves to hidden UVA rays through car side windows.³ This explains why melanoma is more common on the left side (driver's side) of the body.⁴

Stay protected with:

- SPF 30+
- UV-blocking sunglasses and protective clothing
- UV-protective window tinting

What Does UV Mean? Understanding the UV Index

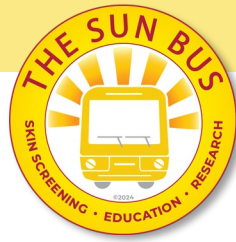
By Rachna Vipparla, Incoming MS1

UV is invisible sunlight that affects your skin.⁵
The UV index tells you how strong it is:

1-2	Low	No extra protection needed
3-7	Moderate-High	Seek shade! Wear a hat, sunglasses, and protective clothing.
8+	Very High-Extreme	Limit time outside!!

Remember to wear sunscreen daily,
regardless of UV level!

Abbreviations: MD = Doctor of Medicine, MS = Medical Student or Master of Science, OMS = Osteopathic Medical Student, DO = Doctor of Osteopathic Medicine, UV = Ultraviolet Radiation, SPF = Sun Protective Factor. **References:** 1. Narayanan DL, Saladi RN, Fox JL. (2010). Ultraviolet radiation and skin cancer. *Int J Dermatol*. 2. Salih H, Psomadakis C, George SMC. (2024). Sunscreens: A narrative review. *Skin Health Dis*. 3. Almutawa, F., Vandal, R., Wang, S.Q. and Lim, H.W. (2013). Current status of photoprotection. *Photodermatol Photoimmunol Photomed*. 4. Kim, D. P., Chabra, I., Chabra, P., & Jones, E. C. (2013). Sunscreen use while driving. *Journal of the American Academy of Dermatology*. 5. U.S. Environmental Protection Agency. UV Index Scale. EPA.



Keep Dark Spots at Bay: Tailored Photoprotection for Melasma

By Rasa Baceviciene, MD



Melasma is a common skin condition that typically appears as darker spots on the face, neck and/or arms.¹

Sun protection is crucial in the management of melasma.

Use a broad-spectrum SPF 50+ and remember to apply daily and reapply every two hours.²

Meet the Editors

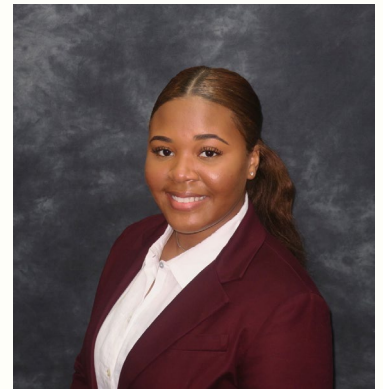


Brittani Remé, DO, MS, Editor-in-Chief

Hello! I graduated from Kansas City University College of Osteopathic Medicine and completed my intern year in preliminary Internal Medicine in the Chicagoland area. I am currently a Dermatology Research Fellow. I've been working with the *Skin Savvy* team since 2024, and I am very excited to step into this role of Editor-in-Chief and look forward to working with the team! Outside of medicine, I love trying new restaurants, traveling, reading, and spending time with my family, friends, and pup Koko.

Sydney Ambrose, Assistant Editor

Hi everyone! My name is Sydney Ambrose, and I am one of the assistant editors for The Sun Bus Newsletter this year! I'm a fourth-year student at Louisiana State University School of Medicine in Baton Rouge. I'm excited to bring our readers new, relevant, and valuable information! My hobbies include going to local festivals, traveling, and working out!



Kiley Hassevoort, Assistant Editor

Hi everyone! My name is Kiley Hassevoort, and I am an OMS-IV at ATSU-KCOM. I have been on the newsletter team since 2024 and look forward to stepping into the role of assistant editor and working with the team! In my free time, I enjoy working on jigsaw puzzles, listening to audiobooks, and hiking with my boyfriend.

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References: 1. Castaneda-Cazares JP, et al. (2014). Near-visible light and UV photoprotection in the treatment of melasma: a double-blind randomized trial. *Photodermatology, Photoimmunology & Photomedicine*. 2. Bernstein EF, et al. (2021). Iron oxides in novel skin care formulations attenuate blue light for enhanced protection against skin damage. *Journal of Cosmetic Dermatology*.