



The Sun Bus

Skin Savvy Monthly

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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.



Which Sunscreens are Safe for Acne-Prone Skin?

By Margaret Mercante, MS3

For acne-prone skin, look for the word "**non-comedogenic**" on sunscreen bottles, meaning that it will not clog your pores.¹ Use sunscreens with the labels "fragrance-free" to reduce skin irritation, and "oil-free" to help prevent breakouts.² Make sure to always go for broad-spectrum protection with an SPF of 30 or higher!

Sun-Smart Athletes: Your Field-Ready Protection Guide

By Jonique Depina, MS2

- ☀️ UV protective clothing: hats, rash guards, long sleeves, sunglasses with UV protective lenses.³
- ☀️ Waterproof broad-spectrum sunscreen with SPF 30+ or 50+ for snow and water sports.⁴ **Reapply every 2 hours.**
- ☀️ Seek shade during peak training hours of 10 am - 2 pm.⁵



Pucker Up: Shield Your Lips from UV Damage

By Bianca Patel, MS2

Sun exposure is one of the factors that can lead to skin cancer on lips. For lip UV protection, apply moisturizing lip balms with SPF 30+ and reapply every 2 hours. General sun protection tips still apply! Seek shade when possible and avoid tanning beds.⁶

Abbreviations: MS= Medical Student, UV= Ultraviolet, SPF= Sun Protective Factor

1. AAD. *How do I know if I'm using the right sunscreen?* 2024. 2. National Guideline Alliance (UK). *Skin care advice for people with acne vulgaris.* 2021. 3. Perna, F. *Sports, physical activity and sun protection.* American College of Sports Medicine. 2021. 4. Gilaberte Y., et al. *Photoprotection in Outdoor Sports: A Review of the Literature and Recommendations to Reduce Risk Among Athletes.* Dermatology and therapy. 2022. 5. Sun Protection for Athletes. SpotSkinCancer.org (AAD) . 6. *Sunscreen FAQs.* AAD. 2025.



Myth Busted: Tans Don't Prevent Sunburns!

By Victoria Asuquo, MS3

A “base tan” only protects as a SPF of 3, at best!⁷ Tanning beds use rays that age the skin (UVA), while sunburns are from rays that burn the skin (UVB).⁸ Regardless of the UV type, both raise skin cancer risk. Don't rely on tanning myths. **A tan is a sign of skin damage** and sunscreen is your best friend!



Sun, Acne, and You: Medications That Increase Sun Sensitivity

By Aaron Szymonik, MS1

Acne medications that increase skin sensitivity to the sun include:

- **Retinoids** - Make the skin more sensitive to UVB rays, leading to irritation, redness, and dryness.⁹
- **Doxycycline** - Increase sensitivity to sunlight, leading to rash, redness, or severe sunburns.¹⁰
- **Benzoyl Peroxide** - Cause skin irritation if exposed to excessive UV light.¹¹

Remember to protect your skin with sunscreen SPF 30+ and seek shade while using these medications!

No Melanin, No Mercy: Vitiligo vs. the Sun

By Keana Khodadad,
Predoctoral Research Fellow

Vitiligo is a skin condition that causes patches of skin to lose melanin. Without melanin, the skin loses its natural defense against UV rays, causing quicker and more severe sunburns.¹² Sunscreen, shade, and stylish hats are total lifesavers for sunny adventures for everyone, but especially those with vitiligo!



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7. Draelos Z. D. *The effect of ultraviolet radiation on hair and nails*. Dermatologic Clinics. 2009. 8. UAMS Health. *Does a base tan protect you from sunburn?* 2019. 9. Kern, D. *Do topical retinoids increase sensitivity to the sun?* 2022. 10. Mayo Clinic. *Doxycycline (oral route)*. 2025. 11. Mayo Clinic. *Benzoyl peroxide (topical route)*. 2025. 12. Ludmann P. *Vitiligo: Signs and symptoms*. AAD. 2022.