



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.

## Making Sun Safety Fun For Children

By Jonique Depina, MS3

Consider these fun activities to encourage children to be safe in the sun:

1. Make putting on sunscreen a game, such as "Connect the Sunscreen Dots."<sup>1</sup>
2. Try NEEF's SunWise toolkit for activities about how the sun can affect health.<sup>2</sup>
3. Try sunglasses with fun shapes and colors.
4. Be a role model!

## Start Your Day Right: A Simple Skincare Routine with SPF

By Victoria Asuquo, MS4

Looking for a simple morning skincare routine?

- **Start** by cleansing with a gentle cleanser
- **Then**, apply a vitamin C serum followed by a moisturizer
- **Finish** with a broad-spectrum SPF 30+ sunscreen<sup>3</sup>



**Reapply sunscreen every two hours when outdoors.**

## The Risks of Sunburns

By Vanessa Villacarte, OMS III

It was previously thought that severe sunburns in childhood carried the greatest risk of developing melanoma, an aggressive form of skin cancer.<sup>4</sup> However, research has shown that severe sunburns at any stage of life can dramatically increase that risk as well.<sup>4</sup> This is especially true in those who have fair skin.<sup>4</sup>

**Take charge of your skin health and remember to always wear sun protection when going outside!**

**Abbreviations:** MS = Medical Student, OMS = Osteopathic Medical Student, NEEF = National Environmental Education Foundation, SPF = Sun Protective Factor.

**References:** 1. Little Leaves Clothing Company. (2026). Having Trouble Applying Sunscreen on Your Kids? Try These 5 Fun Game. 2. The National Environmental Education Foundation (2026). SunWise. 3. Mizumo M *et. al* (2016). The effects of continuous application of sunscreen on photoaged skin in Japanese elderly people – the relationship with the usage. *Clinical Cosmetic and Investigational Dermatology*. 4. Dennis LK *et al.* (2008). Sunburns and risk of cutaneous melanoma: does age matter? A comprehensive meta-analysis. *Ann Epidemiol*.

# A Base Tan Helps Prevent Sunburns – Fact or Fiction?

By Kiley Hassevoort, OMS III



- A 2021 survey by the American Academy of Dermatology (AAD) found that 22% of respondents believed a base tan would prevent sunburn.<sup>5</sup>
- This common belief is a **myth**. Tanning causes skin damage and increases the risk of skin cancer.<sup>5</sup>
- The AAD recommends practicing sun safety by seeking shade, wearing sun-protective clothing, and applying broad-spectrum SPF 30 or higher.<sup>5</sup>



## Research Article of the Month: When Culture Meets Sun Safety

By Aaron Szymonik, MS1



- ☀️ Greater U.S. assimilation among Hispanics is linked to riskier sun behaviors and higher melanoma risk.<sup>6</sup>
- ☀️ Culturally rooted Hispanics report more sun-protective behaviors and concern about skin cancer.<sup>6</sup>
- ☀️ Skin cancer prevention must be culturally tailored, not one-size-fits-all.<sup>6</sup>

**Key Takeaway:** Culture plays a critical role in skin cancer risk and prevention.

## Support Groups for People with Melanoma

By Meg Mercante, MS3

If you or someone you know are diagnosed with melanoma, there are support groups available:

- ☀️ **Melanoma Research Foundation's Support Groups<sup>7</sup>**
- ☀️ **AIM at Melanoma Foundation Peer Mentor Support Program<sup>8</sup>**
- ☀️ **CancerCare Counseling Groups<sup>9</sup>**

These resources connect patients and caregivers with education, peer support, and survivorship guidance to reduce isolation and improve coping across diagnosis, treatment, and recovery.

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

**References:** 5. American Academy of Dermatology (2026). New survey reveals public confusion about risks of tanning and sunburns. 6. Algarin YA et al. (2024). The impact of acculturation on skin cancer risk and protective behaviors in Hispanic populations. *Journal of Cancer Education*. 7. Melanoma Research Foundation (2026). Support groups. 8. AIM at Melanoma Foundation (2026). Peer support. 9. CancerCare (2026). Cancer support groups.