



The Sun Bus

Skin Savvy Monthly

November 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.

Holiday Safety Tips



Gift Sun Safety This Holiday Season

By Dawnica Nadora, MS4

Looking for holiday gift ideas? Check out our sun-safe favorites:¹

- Unisex UV sun sleeves
- UV-protective hoodie
- SPF 30+ sunscreen
- UV-blocking sunglasses
- Wide-brim hat UPF 50

Give the gift of glow and sun protection!

Sun Safety for Babies

By Kiley Hassevoort, OMS3

Babies less than 6 months²:

- Stroller sun shields
- Car accessories: canopies
- UV-protective curtains for nursery
- Long pants, long sleeves, wide brim hats

Babies older than 6 months²:

- Introduce sunscreen
- Sunglasses
- Beach tents outdoors
- Rash guards



The Best Hats for UV Protection

By Nicole Chin, Pre-Doctoral Research Fellow

- Wide brim of at least **3 inches**.
- **Tightly woven** fabric to minimize UV penetration.
- UPF rating of **50+**, which blocks approximately 98% of harmful UVA and UVB rays.³
- Hats approved by organizations such as the **Skin Cancer Foundation** often meet these standards.



Abbreviations: MS = Medical Student, OMS = Osteopathic Medical Student, UV = Ultraviolet, SPF = Sun protection factor, UPF = Ultraviolet protection factor

References: 1. Rodrigues AM, Sniehotta FF, Birch-Machin MA, Araujo-Soares V. Aware, motivated and striving for a 'safe tan': an exploratory mixed-method study of sun-protection during holidays. *Health Psychol Behav Med.* 2017; 5(1):276-298. 2. Foundation SC. 10 Fingers, 10 Toes, 10 Sun Protection Essentials. *The Skin Cancer Foundation* 2017. 3. The Skin Cancer Foundation. Sun Protective Clothing 2025.

Myth: Skin of Color Can't Get Sunburned

By Jonique Depina, MS3



- ☀️ Melanin can provide some natural protection, but it **does not** completely prevent a sunburn!⁴
- ☀️ Darker skin can become warm, burn, and peel when overexposed to the sun.⁵
- ☀️ What to look out for: peeling, blistering of the skin, itchiness, headache, and fatigue if severe.^{6,7}
- ☀️ Protect your skin - **wear sunscreen!**

Melanoma in Indigenous Populations: A Silent Rising Threat

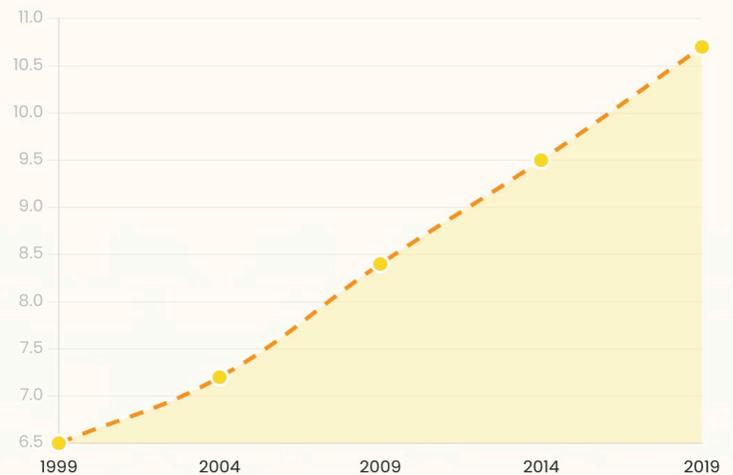
By Lola Oladinni, MS4

Recent data reveals a concerning trend in skin health within American Indian and Alaska Native (AI/AN) communities. Understanding these patterns is the first step toward better protection.⁸

Rising Incidence Rates

Between 1999 and 2019, invasive melanoma incidence increased to **10.7 per 100,000** among AI/AN adults.⁵

Rates are increasing fastest among **women** and elders aged **55+**.⁸



Source: JAMA Dermatol. 2024



Geographic and systemic barriers prevent regular access to dermatology specialists.⁹



Without screenings, melanoma is often detected only after it has metastasized.⁹



Late-stage detection significantly reduces survival rates and treatment options.⁹

Abbreviations: MS= Medical Student, AI/AN= American Indian & Alaska Native

References: 4. Dahl, Heather Alexander (2025). Can Dark-Skinned People Get a Sunburn? *MD Anderson Cancer Center*. 5. Fajuyigbe, Damilola, and Michèle Verschoore (2021). Sun Exposure and Black Skin. *Current Problems in Dermatology*. 6. Cleveland Clinic (2025). Sunburn. *Cleveland Clinic*. 7. Mayo Clinic, (2024). Sunburn. *Mayo Clinic*. 8. Townsend JS, Melkonian SC, Jim MA, et al. (2024). Melanoma incidence rates among non-Hispanic American Indian/Alaska Native individuals, 1999–2019. *JAMA Dermatology*. 9. American Academy of Dermatology Association (2021). UV protection lacking for American Indian/Alaska Native communities. *AAD News*.