



The Sun Bus

Skin Savvy Monthly

October 2025

Edition Sponsored By



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

Leaves May Be Changing But The Sun Still Shines

By Monika Ziogaite, MS4

Pumpkin patches, football games, and crisp fall hikes may feel cozy, but UV rays don't take the season off! Sun protection is a year-round habit, so remember to grab your favorite sweater, hat, and broad-spectrum SPF 30+ sunscreen before heading out this fall.¹



Eczema-Friendly Sunscreen Tips

By Victoria Asuquo, MS4



Have eczema-prone skin? Then SPF 30+ mineral sunscreens with zinc oxide or titanium dioxide are your best friend. They sit on top of the skin to block UV rays and are less likely to irritate eczema-prone skin.² Steer clear of sunscreens with alcohols and fragrances.² Think gentle, mineral, and moisturizing.

Not All Sunglasses Are Created Equal

By Vanessa Villacarte, OMS-III

What's an accessory that can be both stylish *and* protect your eyes from the sun? **Sunglasses!**

- ☀ Studies show a strong link between UV rays and eye conditions, including eyelid skin cancer and cataracts.³
- ☀ When shopping for your next pair, look for **UV400** sunglasses with polarized lenses for full UVA/UVB protection and a comfortable fit that shields the skin around your eyes.⁴



Abbreviations: MS = Medical Student, OMS = Osteopathic Medical Student, UV= Ultraviolet, SPF= Sun Protection Factor
References: 1. American Cancer Society. (2024). *How to use sunscreen*. 2. Crane, M. W. (2023). *What's the skinny on sunscreen and eczema?* National Eczema Association. 3. Yam, J. C., & Kwok, A. K. (2014). Ultraviolet light and ocular diseases. *International Ophthalmology*. 4. National Eye Institute. (2022). *Protecting your eyes from the sun's UV light*.



How to Treat a Sunburn

By Shanelle Jackson, MD PGY-1



- Get out of the sun immediately and move indoors.⁵
- Take cool baths or showers to ease the pain.⁵
- Apply moisturizer with aloe while skin is damp.⁵
- Stay hydrated and avoid popping blisters.⁵
- Protect your skin daily with SPF 30+, shade, and sun-protective clothing.



Nail UV Lamps and Skin Safety

By Brittani Remé, DO, MS



Gel manicures have become very popular amongst nail salons. However, the use of UV nail lamps to set gel nail polish exposes the hands to UVA rays which can cause **premature aging and skin cancer**.^{6,7,8}

What can you do about it?

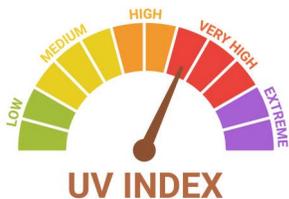
Apply broad spectrum sunscreen with **SPF 30+** to the hands before your next manicure, or wear **UV-protective gloves**.



Research Article of the Month: *Wearable Tech for Safer Sun Exposure*

By Aaron Szymonik, MS1

A recent study investigated whether wearing a UV dosimeter, a device that tracks sun exposure, could help prevent skin cancer. Device users became more aware of their UV exposure and were more likely to adopt sun-safe behaviors, such as applying sunscreen and seeking shade.⁹ These results suggest that real-time feedback on UV exposure could be an effective tool for improving sun protection and reducing skin cancer risk.



Abbreviations: MS = Medical Student, MD = Medical Doctor, DO = Doctor of Osteopathic Medicine, PGY = Post Graduate Year (Resident Physician)
References: 5. How to treat sunburn. (2025). *American Academy of Dermatology*. 6. Skin Cancer Foundation. Ask the Expert: Are the UV Lamps in the Dryers at the Nail Salon Safe to Use? (2023). *Sun & Skin News*. 7. Shihab N, Lim HW. (2018). Potential cutaneous carcinogenic risk of exposure to UV nail lamp: A review. *Photodermatol Photoimmunol Photomed*. 8. Rubino, K. et al. Exploring the link between UV nail lamps and subungual skin cancer: A call for research (2024). *J Cosmetic Dermatology*. 9. Dumont, E. L. P., et al. (2024). A randomized trial of a wearable UV dosimeter for skin cancer prevention. *Frontiers in Medicine*.