



Skin Savvy Monthly

September 2025

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

What is UPF Clothing and How Does it Protect Your Skin from the Sun?

By Dawnica Nadora, MS4

UPF clothing has tightly woven synthetic fibers and dyes to block UV rays.¹ A UPF rating of **50+** is recommended to block 98% or more of UV rays.¹ A combination of sunscreen and UPF clothing is key to reducing skin cancer risk.



Different Forms of Sunscreen: The Pros and Cons

By Vanessa Villacarte, OMS3



- **Cream:** Best for dry skin²
- **Gel:** Good for oily skin²
- **Stick:** Useful for the skin around the eyes²
- **Powder:** Great for reapplying over makeup, but not for initial application²
- **Spray:** Great for its ease of use on children, but may be difficult to know when you've applied enough²

Sunscreens for Skin of Color: How to Avoid the White Cast

By Jonique Depina, MS3

Chemical sunscreens are less likely to leave a white cast compared to mineral sunscreens.³

Don't forget to wear additional protection including sunglasses and a wide-brimmed hat.⁴



If you prefer mineral sunscreen, try a tinted one that matches your skin tone.

Bonus: It can prevent worsening dark spots!⁵

Abbreviations: MS = Medical Student

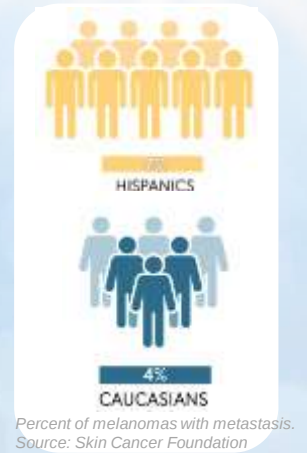
References: 1. Lu, J. T., & Ilyas, E. (2022). An overview of ultraviolet-protective clothing. *Cureus*. 2. Sunscreen FAQs. (2025). *American Academy of Dermatology Association*. 3. What People of Color Need to Know About Sun Protection and Skin Cancer. (2024). *American Cancer Society*. 4. Cestari, T., & Buster, K. (2017). Photoprotection in specific populations: Children and people of color. *Journal of the American Academy of Dermatology*. 5. How do I know if I'm using the right sunscreen? (2017). *American Academy of Dermatology*.

Skin Cancer Among the Hispanic Population

By Edwine Coulanges, MS4



- Basal cell carcinoma makes up 80% of skin cancer cases in Hispanic patients, but **melanoma has increased by 20% in Hispanic people** over the last decade.⁷
- Hispanic people have a **1 in 167 lifetime risk** of developing melanoma.⁶
- Melanoma tends to present in a **more advanced form** in patients with darker skin, often because it goes unreported.⁷
- In darker skin tones, melanoma favors **non-sun exposed areas** like the palms, soles of feet, and nail beds.⁶



Skin Biopsies: Essential for Diagnosing Skin Cancer

By Stephanie Ezeoke, MS2

A skin biopsy is a procedure where a medical provider removes a small sample of skin.⁸

The sample is then sent for analysis under a microscope.

The resulting biopsy report reveals whether cancerous cells are present and guides appropriate treatment.⁸

It is an essential, accurate method for diagnosing possible skin cancer.⁹



Not All Melanomas Are Dark: Spotting Amelanotic Melanoma

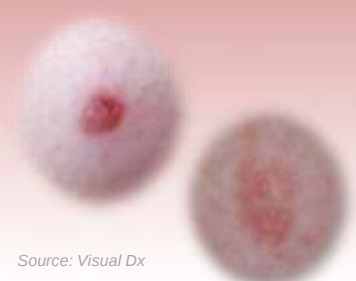
By Shanelle Jackson, MD

Amelanotic melanoma is a rare, non-pigmented melanoma (~2%), often pink or flesh-toned.^{10,11}

It's easily missed without attention to changes in size, shape, elevation, itching, or bleeding.¹⁰

Diagnosis: Biopsy followed by microscopy and staining of the specimen.^{10,11}

Treatment: Surgical excision; possible lymph node biopsy.^{10,11}



Source: Visual Dx

Abbreviations: MS= Medical Student, MD= Medical Doctor

References: 6. Mitro, G. (2025). Skin Cancer Does Not Discriminate by Skin Tone. *SERO*. 7. Perez, M. (2024). Hispanic Doesn't Mean Immune to Skin Cancer. *Skin Cancer Foundation*. 8. American Academy of Dermatology. *What is a skin biopsy?* 2022. 9. American Academy of Dermatology. *What is a skin biopsy?* 2022. 10. Jiang C, Jain NP, Stewart CL. Amelanotic melanoma: Clinical presentation, diagnosis, and management. *Clin Dermatol*. 2025. 11. Misiag P, Molik K, Kisielewska M, et al. Amelanotic Melanoma-Biochemical and Molecular Induction Pathways. *Int J Mol Sci*. 2024