



The Sun Bus

Skin Savvy Monthly

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By



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

Daily SPF Habits for Healthy Skin Year-Round

By Adedoyin Julius, MS2

Sunscreen is not just for sunny summer days. Daily photoprotection can help prevent signs of skin aging caused by repeated UV exposure.¹ Despite these benefits, year-round sunscreen use remains uncommon.² Building broad-spectrum SPF into your daily routine is a simple habit that can help protect your skin over time.

Pick Your SPF Like a Pro

By Vy Bui, MS2

Different activities need different sun protection.



School/Indoors: SPF 30+



Sports/Outdoors: SPF 50+

Mineral or Chemical Sunscreen?



Mineral (zinc oxide & titanium dioxide)
Best for sensitive or acne-prone skin; gentle but may leave a white cast.



Chemical
Feels lighter, blends easily, and works well under makeup or during daily wear.

Skin care order: Moisturizer → Sunscreen → Makeup

REAPPLY: Every 2 hours or sooner after swimming, sweating, or towel drying.

Friday Night Lights: UV Safety for Football Fans

By Kiley Hassevoort, OMS4

There are different ways to protect yourself from the sun while watching sports outdoors. Wear a broad-spectrum sunscreen with an SPF of 30 or greater that you will remember to reapply. Seek shade and wear sun-protective clothing, including a wide-brimmed hat, long-sleeved shirt and pants, and sunglasses with UV protection.

Abbreviations: MS = Medical Student or Master of Science, DO = Doctor of Osteopathic Medicine, MD = Doctor of Medicine, SPF = Sun protective factor, UV = Ultraviolet

References: 1. Krutmann J *et al.* Daily photoprotection to prevent photoaging. *Photodermatol Photoimmunol Photomed.* 2. Wozna J *et al.* Evaluation of social knowledge on photoprotection and its relationship with education and age in a Polish seaside town during summer holidays. *Photodermatol Photoimmunol Photomed.* 3. Ugoh GA, Lim HW. (2026). Sun Protection 101—Your Guide to Sunscreen. *JAMA Dermatol.* 4. American Academy of Dermatology. (2025). Sunscreen FAQs.

Sun Safety While Treating Acne

By Benazir Merchant, MS3



Acne medications such as topical retinoids and doxycycline make the skin more sensitive to the sun. Sun exposure can also darken acne marks.¹ Apply a broad-spectrum, oil-free sunscreen daily, wear a hat, and avoid tanning beds.¹

Sun Protection Meets Acne Care

By Dr. Tamara Terzian

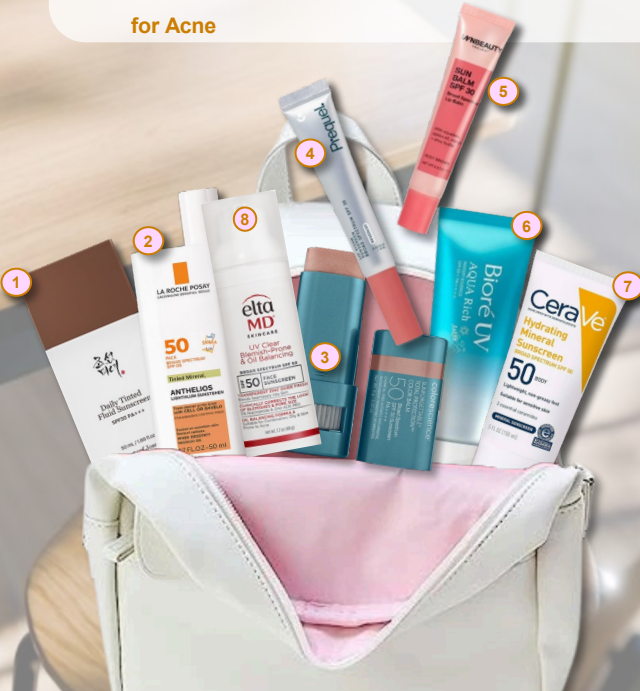
Acne-prone skin? EltaMD UV Clear Blemish-Prone & Oil Balancing Sunscreen was named Best Sunscreen for Acne by *Allure*, a lightweight option designed with blemish-prone skin in mind.



Backpack essentials: Back to school sun protection

By Jonique Depina, MS4

- 1 Beauty by Joseon Tinted SPF
- 2 La Roche Posay Anthelios Tinted Mineral SPF
- 3 Colorescience SPF Blush Stick
- 4 Prequel Lip Visor Sunscreen Lip Balm SPF 30
- 5 Innbeauty Project Sun Balm Mineral SPF 30 Lip Balm
- 6 Bioré UV Aqua Rich Watery Essence SPF 50 PA ++++
- 7 CeraVe Hydrating Mineral Sunscreen SPF
- 8 EltaMD UV Clear Blemish-Prone & Oil Balancing SPF for Acne



Alopecia & Scalp Sun Protection: Why Hair Loss Increases UV Risk

By Nadine Belony, OMS II

Alopecia, or hair loss, can impact all hair-bearing areas of the body.² Hair loss increases the skin's vulnerability to UV rays, leading to sun damage and an increased risk of skin cancer.³ Protect your skin and scalp by wearing a wide-brimmed hat, applying sunscreen, and seeking shade.



Abbreviations: DO = Doctor of Osteopathic Medicine, MD = Doctor of Medicine, MS = Medical Student, OMS = Osteopathic Medical Student, UV = Ultraviolet Radiation, SPF = Sun Protective Factor, **References:** 1. Reynolds RV et al. (2024). Guidelines of care for the management of acne vulgaris. *Journal of the American Academy of Dermatology*. 2. Abarca YA et al. (2025). Alopecia Areata: Understanding the Pathophysiology and Advancements in Treatment Modalities. *Cureus*. 3. Rezende HD et al. (2024). Male baldness and skin cancer: what are we missing in daily practice? *Revista da Associação Médica Brasileira*.