

# The Sun Bus Skin Savvy Monthly February 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 SPF, and Why is It Important?

By Trey Lee Orndorff, MS1

Sun Protection Factor (SPF): measure of sunscreen's defense against solar radiation.<sup>1</sup>

People of all skin tones should use SPF 30 or higher sunscreen and reapply every two hours to protect against skin cancer and premature aging.<sup>2</sup>

$$\text{SPF} = \frac{\text{(Time until skin redness with sunscreen)}}{\text{(Time until skin redness without sunscreen)}}$$

## Chemical vs Mineral Sunscreen: What's the difference?<sup>3</sup>

By Edwine Coulanges, MS3



### Mineral sunscreens

Contains minerals that reflect UV rays; best for sensitive skin.



### Chemical sunscreens

Contains ingredients that absorb UV rays and converts them into heat.

*The best sunscreen is the one you will wear! Just make sure it offers broad spectrum protection, has an SPF of 30 or higher, and is water resistant.<sup>1</sup>*

## Tinted mineral sunscreen: Useful for both UV protection and treating hyperpigmentation

By Sydney Ambrose, MS2

Post-inflammatory hyperpigmentation (PIH) is the darkening of skin after inflammation, common in people with darker skin.<sup>4</sup>

Tinted mineral sunscreens promote fading of hyperpigmentation by protecting against both visible light and UV light.<sup>5</sup> Sun avoidance and daily use of sunscreen are key treatments for PIH.<sup>4</sup>



**References:** 1. Schalka S, et al. *An Bras Dermatol.* 2011;86(3):507-515. 2. Sunscreen Selection. Skin of Color Society. Accessed January 28, 2025. <https://skinfofcolor.org/discover-patients-public/patient-education/sunscreen-selection> <https://www.science.org.au/curious/people-medicine/what-does-spf-rating-really-mean>. 3. Sunscreen faqs. American Academy of Dermatology. April 2024. Accessed January 29, 2025. <https://www.aad.org/media/statssunscreen>. 4. Jacob SE, et al. *J Clin Aesthet Dermatol.* 2020;13(2):23-27. 5. Draelos ZD. *Int J Dermatol.* 2021;60(4):450-455.

# Myths About Sun Protection: *Setting the Record Straight*

By Lola Oladinni

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## MYTH

## FACT

1

**Dark Skin Doesn't Need Sunscreen**

*All skin tones are susceptible to skin cancer<sup>1</sup>*

2

**You Don't Need Sunscreen Indoors**

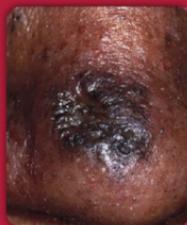
*UV rays can penetrate window glass<sup>2</sup>*

3

**Sunscreen Isn't Needed in Winter**

*Snow reflects UV rays; winter sun protection is essential<sup>2</sup>*

## Basal cell carcinoma (BCC) and squamous cell carcinoma (SCC): What do these skin cancers look like in skin of color? *By Margaret Mercante, MS2*



BCC often presents as a brown to glossy black "pearly" lesion on the head and neck region in skin of color<sup>1</sup>



SCC is the most common skin cancer in people with skin of color and typically presents as a scaly or crusty sore that will not heal<sup>1</sup>

## Facts About Acral Lentiginous Melanoma

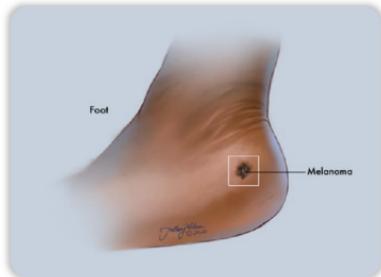
*By Bianca Patel, MS2*

### What is it?

Acral lentiginous melanoma is the most common melanoma in darker skin tones. It can appear as a black, brown, or multicolored irregularly shaped lesion found on the palms, soles, and nail beds.<sup>3,4</sup>

### Why is it important?

Delay in diagnosis results in worse outcomes than other melanomas.<sup>3,4</sup>



References: 1. Bradford PT. *Dermatol Nurs.* 2009;21(4):170-206. 2. D'Orazio J, et al. *Int J Mol Sci.* 2013;14(6):12222-12248. 3. Goydos JS, et al. *Cancer Treat Res.* 2016;167:321-329. 4. Bradford PT, et al. *Arch Dermatol.* 2009;145(4):427-434.