



The Sun Bus

Skin Savvy Monthly

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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.

How to Read Sunscreen Labels

By Jonique Depina, MS2



UVA: Aging rays.¹

UVB: Burning rays.¹

Broad Spectrum: Protects the skin from UVA and UVB.¹

SPF: A measure of protection from UVB exposure.¹

Recommended SPF: SPF 30+

Water Resistant: Sunscreen is effective for 40 minutes in water and requires reapplication.¹

Are You Applying Enough Sunscreen?

By Aaron Szymonik, MS1

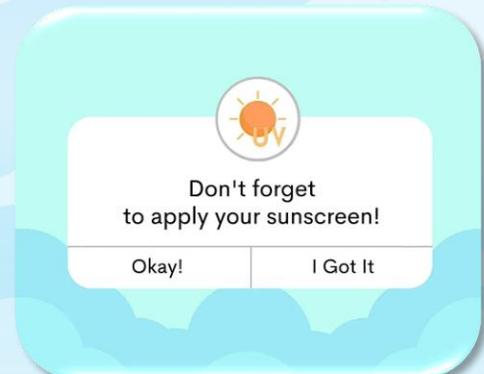
Step 1: Timing	Step 2: Cleanse & Prep	Step 3: Amount to Use	Step 4: Facial Application	Step 5: Final Touches
Apply sunscreen 15-30 minutes before sun exposure; reapply every 2 hours. ²	Cleanse face, apply medications if needed, then use moisturizer. ²	Face: Nickle-sized amount Body: 1 Ounce (a shot glass amount) ²	Dot sunscreen on cheeks, nose, forehead, and chin; massage for even coverage. ²	Finish with make-up if desired. ²

Sun Safety Tips for Spring Break

By Dawnica Nadora, MS3

Heading to the beach? Don't forget to...

- Apply SPF 30+ sunscreen every two hours, especially after swimming.³
- Wear UPF clothing, a wide-brimmed hat and UV-blocking sunglasses.³
- Avoid peak sun exposure between 10 AM and 4 PM.³
- Stay hydrated and remember that UV is harmful, even on cloudy days!³



Abbreviations: UV= Ultraviolet, UVA= Ultraviolet A, UVB= Ultraviolet B, SPF= Sun Protective Factor, UPF= Ultraviolet Protection Factor, MS= Medical Student
References: 1. American Academy of Dermatology. How to decode sunscreen labels. 2024. aad.org. 2. Torres A. E., Awosika O., Maghfour J., Taylor S., & Lim H. W. Practical guide to tinted sunscreens. *JAAD.* 2022;87(3). 3. Devos S. A., Baeyens K., & Van Hecke L. Sunscreen use and skin protection behavior on the Belgian beach. *Int. J. of Dermatol.* 2003;42(5).



What To Expect When Getting a Skin Check From a Dermatologist

By *Mariam Trichas, MS1*

Skin checks by a dermatologist help detect skin cancer and usually take around 10 minutes.⁴ The doctor will ask you to remove most of your clothing and put on a gown so they can check your skin from head to toe to look for any abnormalities.⁵



Defend and Soothe: How Sun Protection Supports Rosacea Care

By *Stephanie Ezeoke, MS1*

When managing rosacea, sun protection is a must. Sun exposure is a leading trigger for flare-ups, causing increased redness and inflammation.⁶



Daily application of broad-spectrum sunscreen SPF 30 or higher is key to reducing symptoms and preventing worsening of the condition.⁷



Signs of Skin Cancer: When to Go See a Dermatologist

By *Bianca Patel, MS2*

Look out for spots that are changing, different from others (the “Ugly Duckling”), non-healing, itching, or bleeding.⁸ Don’t forget to inspect your scalp and nails! For nails, inspect for brown or black streaks.⁸ Remember, early detection is key so be sure to get concerning areas evaluated by a dermatologist.

References: 4. American Academy of Dermatology. What to expect at a skin cancer screening. 2022. aad.org. 5. Hegwer L. Should you get a skin check? 2024. rush.edu. 6. Two AM, Wu W, Gallo RL, Hata TR. Rosacea: part I. Introduction, categorization, histology, pathogenesis, and risk factors. *JAAD*. 2015;72(5). 7. Steinhoff M, Schaubert J, Leyden JJ. New insights into rosacea pathophysiology: a review of recent findings. *JAAD*. 2013;69. 8. American Academy of Dermatology. Know how to spot skin cancer. 2024. aad.org.