

〈教育セミナー〉

光老化を防御する—光に関する基本知識から最新のサンケア製品まで—

サンケア品の使用とビタミン D の関係

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Sunscreen and Vitamin D

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Abstract

Sun exposure induces acute and chronic skin damage. In an aging society, life-long protection against ultraviolet rays starting from childhood is important in order to suppress the increase of skin cancer in sun exposed areas. On the other hand, some women tend to over-protect their exposed skin from sun light to prevent pigmentation such as blotches, freckles and wrinkles. Such an attitude like photophobia in daily life might induce vitamin D insufficiency and consequently damage their health. Vitamin D can be produced by sub-erythematous doses of UVB and excess vitamin D is destroyed by UV to maintain a proper level. In general, applications of sunscreen are incomplete, so that people receive a certain amount of UV exposure on the face and dorsum of hands, which produces a necessary amount of vitamin D. In addition to biosynthesis, vitamin D is safely taken orally through proper foods and supplements. Accordingly, there is no reason to recommend sun bathing to avoid vitamin D insufficiency.

Key words: sunscreen, vitamin D, ultraviolet ray, skin cancer, photoaging.