〈シンポジウム〉
「UVAに光を当てる」

UVA の作用—臨床

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Role of UVA on Human Skin and Photosensitive Dermatosis

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Abstract

Ultraviolet light (UV) A (UVA) causes harmful effects on human skin and photosensitive dermatosis. Sunburn (erythema) and suntan (delayed tanning, DT), acute effects of UV, are mainly caused by UVB and aggravated by UVA. UVA and visible light cause immediate tanning (IT). Larger dose of UVA and visible light results in transition of IT to DT. Individual skin sensitivity to sunlight is classified by skin type, firstly proposed for Caucasians by Fitzpatrick and then for Japanese by Satoh and Kawada. Chronic effects from UV are called photoaging or dermatoheliosis, that is different from aging of the skin. Some pigment flecks, *e.g.* senile lentigines, melasma, ephelides, are caused by UV. UV-carcinogenesis on the skin represents malignant melanoma, squamous cell carcinoma (SCC), basal cell carcinoma, and solar keratosis (SCC *in situ*). Some photosensitive disorders have UVA as an action spectrum, that are xeroderma pigmentosum, hydroa vacciniforme, solar urticaria, polymorphous light eruption, chronic actinic dermatitis, and photosensitivity due to drugs.

Key words: UVA, skin, photodermatosis.