

Sun Exposure and Skin Health : A Comprehensive Review of Photoprotection and Sunscreen Efficacy In Preventing Skin Diseases

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Abstract: *Skin is a thin layer of tissue forming the natural integumentary system of the body that acts as a barrier to protect it from exogenous and endogenous factors that induce undesirable biological responses in body. Among these risk factors skin damage triggered by solar ultraviolet radiation [UVR] is an escalating problem in dermatology with an increased incidence of acute and chronic cutaneous reactions. Sunburn is described as the erythematic acute cutaneous response in addition to increased melanin and apoptosis of keratinocytes to prevent skin carcinoma, solar UV damage leads to immunosuppressive skin diseases. Sunscreen is the most protective behaviour , these are products that are placed in contact with human skin with intention of absorbing, scattering, reflecting solar UV radiations. The frequency of use has increased remarkably due to greater awareness of skin damaging effects of skin exposure to sunlight. Sunscreen chemicals [UV Filters] are used not only to protect skin but also to prevent it from photo-degradation.*

Keywords: Sunscreen chemicals [UV filters], skin, photoprotection, sun exposure