

〈原 著〉

光線過敏症に対するサンスクリーン剤の有用性

上津 直子*, 堀尾 武

Clinical Usefulness of Sunscreening Agents for Photosensitivity Diseases

Naoko UETSU,* Takeshi HORIO

Abstract

Photosensitive dermatoses include various diseases with diverse etiologies, pathomechanisms, action spectra of light, symptoms and clinical courses. Therefore, therapeutic modalities are not uniform depending upon disorders. Patients with intrinsic photosensitive dermatoses must be protected from sun light because of impossibility to avoid photosensitizers. In recent years, sunscreening agents with high SPF have been developed and come onto the market. The purpose of this study is to evaluate the clinical usefulness of commercially available sunscreening agents for photosensitive dermatoses including chronic actinic dermatitis, polymorphous light eruption, solar urticaria and drug-induced photosensitivity. All of 13 patients examined were extremely sensitive mainly to UVA range. We test 5 sunscreening materials whose SPFs are 10, 15, 25, 28, and 60. Every sunscreening agent in this study showed excellent protecting efficacy on the phototesting and clinical use. The quality of life of the patients were sufficiently improved. The present study indicates that on severely photosensitive dermatoses (photosensitivity to broad-spectrum of light including UVB, UVA, and sometimes visible light), symptoms can be prevented by daily use of sunscreening agent. No adverse effects were detected in all patients. In conclusion, commercially available sunscreening agents at present are useful not only for physiologically inducing UV damages (sunburn and photoaging) but also for photosensitivity diseases.

Key words: sunscreening agent, photosensitivity disease.