Ultraviolet (UV) light has many advantages including synthesis of vitamin D, treatment of skin diseases such as psoriasis and vitiligo. But overexposure to UV light causes several side effects and these include erythema, burns due to transient exposure, hyperpigmentation, photo-aging and skin cancer due to sufficiently long-term exposure. To prevent these side effects, dermatologists highly recommend to use sunscreen on a daily basis. According to endocrinologists, however, there is an inverse exponential relationship between the thickness of sunscreen application and the vitamin D status. Both dermatologists and endocrinologists have academic and experimental evidences demonstrating their reports. But there is still a controversy between the two parties.

Given the above background, we attempted to approach the problem from the viewpoint of consumers who actually use sunscreen. To do this, we conducted a questionnaire survey about the actual pattern of the sunscreen use as well as their perception about the harmfulness and benefits of UV exposure and the necessity of sunscreen use. Here, we present our results about the consumers’ perception about UV exposure and the use of sunscreen application.

CURRICULUM VITAE

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