



Ultraviolet Radiation May Alter the Course and Severity of Skin Tumors

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INTRODUCTION

The skin uses sunlight to produce vitamin D, which is important for normal bone formation. However, there are drawbacks. The outer layer of the skin contains cells that contain melanin pigment. Melanin protects the skin from the sun's ultraviolet rays. These burn the skin and reduce its elasticity, leading to premature aging of the skin. People get tans because sunlight causes the skin to produce melanin, which darkens it. The tan disappears as new cells migrate to the surface and the tanned cells are sloughed off. Some sunlight can be good as long as you are properly protected from overexposure. But too much UV or UV radiation can cause sunburn.

DESCRIPTION

Ultraviolet rays penetrate the outer layers of the skin and hit the deeper layers of the skin, where they damage or kill skin cells. You can protect yourself by covering sensitive areas, wearing sunscreen, limiting total exposure time, and avoiding the sun between 10 am and 2 pm. It is frequent exposure to UV rays over many years. Check your skin regularly for suspicious growth or other skin changes. Early detection and treatment are important for the successful treatment of skin cancer. Ultraviolet (UV) radiation is a type of electromagnetic radiation that comes from the sun and artificial sources such as tanning beds and welding torches. Radiation is the release (emission) of energy from any source. There are many types of radiation, from very high energy (high frequency) radiation such as X-rays and gamma rays to very low energy (low frequency) radiation such as radio waves. Ultraviolet is in the middle of this spectrum. There are different types of UV rays depending on

the strength of their energy. High-energy ultraviolet light is a type of ionizing radiation. This means it has enough energy to remove (ionize) an electron from an atom or molecule. Ionizing radiation can damage DNA (genes) in cells, which can result in cancer. However, even the most energetic UV rays do not have enough energy to penetrate deep into the body, so the main effect is on the skin. Chronic exposure to UV light causes many degenerative changes in skin cells, connective tissue, and blood vessels. These include freckles, nevus, and lentigo, which are pigmented areas of the skin, and diffuse brown pigmentation. UV rays accelerate the aging of the skin, gradually losing elasticity, and causing wrinkles, dry skin, and rough skin. Low levels of UVR are beneficial to health and play an important role in the production of vitamin D. However, excessive exposure to UVR is associated with adverse health effects as it is carcinogenic to humans.

CONCLUSION

Other types of eye damage include pterygium (growth of tissue that can interfere with vision), skin cancer around the eye, and degeneration of the macula (the part of the retina where vision is strongest) All of these problems can be mitigated by protecting your right eye. If you wear them, look for sunglasses, glasses, or contact lenses that offer 99%-100% UV protection. Scientists have found that excessive UV exposure can suppress the proper functioning of the body's immune system and the skin's natural defenses. It provides protection against foreign intruders However; too much UV exposure can weaken your immune system and reduce your ability to protect your skin from these invaders.

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