

Influence of ultraviolet radiation on health

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Abstract

As a biological barrier, the skin is continuously subjected to environmental stressors such as ultraviolet radiation, pathogens and thermal and chemical insults. The predominant environmental stressor for the skin is solar radiation, especially its UV wavelengths (200-320nm). Primary responses to the UV radiation involve induction of melanin pigmentation, immunomodulation and endocrine activity. Chronic UVR exposure has potent carcinogenic and premature ageing effects. RUV favorably influences physical activity at altitude and at sea level.

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