

Common Skin Conditions Affected by UV

In addition to skin cancer, UV exposure can contribute to or worsen common skin conditions such as hyperpigmentation, melasma, and vitiligo.

General Hyperpigmentation is a condition that causes the skin to produce extra melanin in certain places.

- It may appear as freckles, age spots, or larger areas of darkened skin.
- It can affect people of all skin types and races.
- It can be caused by sun damage, inflammation of the skin, injury, and other things.
- It can be reduced by using sun protection – like hats, shade, gloves, long sleeves.



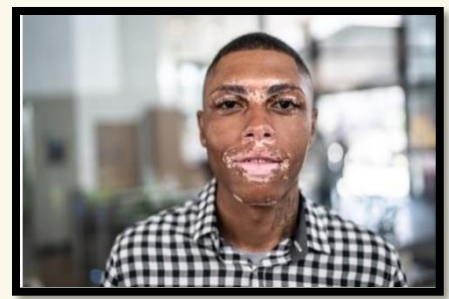
Melasma is a specific kind of hyperpigmentation that causes brown to gray-brown patches, usually on the face.

- It can also appear on other parts of the body that get lots of sun, such as the forearms and neck – it may be triggered by UV.
- It is more common in women and may be triggered by hormones.
- It may affect people with darker skin more because they have more active melanocytes than people with light skin.
- It is best treated with sun protection in all forms.



Vitiligo is a skin condition that causes the skin to lose melanin and color.

- It causes white or lighter-colored patches to appear as the pigment disappears.
- It may cause the skin to tingle when exposed to sunlight.
- It affects men and women equally.
- It occurs equally in people of all races, ethnicities, and skin types.



- It can be worsened by sunburn; sun protection can help prevent sunburn.

If you have any of these conditions, make sure you:

- ✓ Cover-up with long sleeves, wide-brimmed hats, neck bandanas, and gloves.
- ✓ Apply sunscreen to skin not covered by your clothing.
- ✓ Wear sunglasses to protect your eyes.
- ✓ Use shade and shade covers when you can.

Thank you to the National Cancer Institute, the American Cancer Society, and the American Academy of Dermatology for this important information.