

Nº de abstracts = 4

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Erythemat ultraviolet exposure of cyclists in Valencia, Spain.

Serrano MA, Cañada J, Moreno JC.: Photochemistry and Photobiology, 2010, 86(3):716-21. Department of Applied Physics, Polytechnic University of Valencia, Valencia, Spain.

UV exposure is considered to be one of the most important risk factors in skin cancers, mainly in outdoor occupational or recreational activities. Outdoor athletes such as cyclists receive regular and significant solar UV erythemat radiation (UVER). The aim of this work was to quantify UVER exposure of amateur cyclists over the course of several days in their training schedules. To quantify UVER exposure of this group, dosimeters (Viospor) were attached at the top of the helmet in the course of their training. The study took place in Valencia, Spain, in June to July 2008 and February to March 2009, and involved a group of five cyclists over a period of 4 days for each period. The mean 2-day personal UV exposure was 32.24 +/- 4.14 SED (standard erythema dose) in summer and 11.30 +/- 5.36 SED in the winter period. One SED is defined as an effective radiant exposure of 100 J m⁻² when weighted with the International Commission on Illumination (CIE) erythemat response function. The mean exposure ratio (ER) of cyclists was 0.37 +/- 0.04 in summer and 0.40 +/- 0.11 in winter. The cyclists received the highest UVER exposure in the summer period, but in both training periods UVER exposure was in excess of occupational and recreational guidelines, indicating that protective measures are very necessary.

Soccer shin guard reactions: allergic and irritant reactions.

Powell D, Ahmed S.: Dermatitis : Contact, Atopic, Occupational, Drug, 2010, 21(3):162-6 . Department of Dermatology, University of Utah, Salt Lake City, UT 84132-2409, USA.

In spite of the worldwide popularity of soccer among youth and the common requirement of the use of protective shin guards, reports of allergy to shin guards is sparse. This is surprising in light of the fact that this equipment is often made of materials that are reported to cause allergies, and that friction and moisture from the use of these shin guards during the sport would seem to predispose soccer players to the development of an allergic response. We present eight patients that presented for evaluation of dermatitis under their shin guards--some of which had allergy to their shin guards and some of which were diagnosed as having an irritant reaction.

Measurements of the upper body ultraviolet exposure to golfers: non-melanoma skin cancer risk, and the potential benefits of exposure to sunlight.

Downs NJ, Schouten PW, Parisi AV, Turner J.: Photodermatology, photoimmunology &

photomedicine

: (6):317-24, 2009.

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Background: Geographically, Queensland presents an extreme ultraviolet exposure climate to members of the public engaged in outdoor recreational activity. The risk of developing a skin cancer or an eye disease as a result of incidental exposure to naturally occurring ultraviolet radiation in the outdoor environment is proportionately high in a Queensland population compared with fair-skinned population groups residing in comparable Northern Hemisphere latitudes. In contrast to these risks, elderly members of this high growth population group have been reported to be vitamin D deficient. The risks and potential benefits of exposure to sunlight in southern Queensland are assessed in this study with respect to recreational golfing. This sport is a popular recreational activity for the Queensland population and must be played during daylight hours.

Methods: The erythemal and vitamin D effective ultraviolet exposure measured to the forearm, upper back and vertex are presented for individuals playing golf under various atmospheric conditions in a 7-month period extending from summer to winter.

Results

: Mean summertime exposures were measured in the 2008 study period as be 1.4, 2.2 and 3.2 standard erythema doses (SED) at forearm, upper back and vertex sites, respectively, compared with respective wintertime forearm, upper back and vertex exposures of 0.2, 0.3 and 0.5 SED, where summertime exposures were recorded in the mean solar zenith angle (SZA) ranges of 56-59 degrees and wintertime exposures were recorded in the mean SZA range 74-83 degrees. Vitamin D(3) effective exposures were determined to vary from between 225, 325 and 475 J/m(2) during summer and 48, 59 and 88 J/m(2) during winter for the respective forearm, upper back and vertex body sites measured in the above mean SZA ranges.

Conclusion

: Exposures to ambient ultraviolet during winter on the golf course between 15:00 and 17:30 hours could be beneficial for office workers for the production of vitamin D. Optimizing exposure periods to late afternoon in the winter months and taking adequate sun protection measures in the summer months are important strategies that golfers can utilize for long-term preventative health.

Athlete's nodule.

Uchiyama M, Tsuboi R, Mitsuhashi Y.: The Journal of dermatology, 36(11):608-11, 2009. Department of Dermatology, Tokyo Medical University, Shinjuku-ku, Tokyo, Japan.

Three cases of athlete's nodule on the feet are reported. In case 1, a 30-year-old man, who had been an amateur football player, presented with nodules on the lateral side of the feet and on the right lateral malleolus with a duration of 1 year. In case 2, a 22-year-old man, who had participated in karate and track-and-field, presented with nodules on the lateral side of the feet and on the right lateral malleolus with a duration of 10 years. In case 3, a 25-year-old man, who had skied, presented with a nodule on the right lateral malleolus with a duration of 4 years. The biopsy specimens from the lesion demonstrated hyperkeratosis, acanthosis of the epidermis and thickness of the dermis. In 1991, Cohen et al. proposed the concept of athlete's nodule which indicated an acquired cutaneous nodule caused by chronic stimuli with sports.

Histopathology of the athlete's nodule shows hypertrophy of the epidermis and dermis. To the best of our knowledge the term "athlete's nodule" has not been used in Japan, but it is a useful term to refer to the lesion induced by athletics or the use of sporting equipment.