International Journal of Ophthalmic Pathology

Commentary A SCITECHNOL JOURNAL

Approaches for Protecting Xeroderma Pigmentosum Patients from Sunlight

Guolong Quetier*

Department of Radiology, Mohammed VI University Hospital, Oujda, Morocco

***Corresponding author:** Mohammad Hesham, Department of Radiology, Mohammed VI University Hospital, Oujda, Morocco; E-mail: guoloqueti@gmail.com

Received date: 07 April, 2024, Manuscript No. IOPJ-24-131708;

Editor assigned date: 09 April, 2024, PreQC No. IOPJ-24-131708 (PQ);

Reviewed date: 24 April, 2024, QC No. IOPJ-24-131708;

Revised date: 07 February, 2025, Manuscript No. IOPJ-24-131708 (R);

Published date: 14 February, 2025, DOI: 10.4172/2324-8599.1000053

Description

Xeroderma Pigmentosum (XP) is a rare genetic disorder characterized by extreme sensitivity to Ultraviolet (UV) radiation from sunlight. Individuals with XP have a defect in their ability to repair Deoxyribonucleic Acid (DNA) damage caused by UV exposure, leading to a significantly increased risk of developing skin cancer and other sun-related complications. As such, protecting XP patients from sunlight is paramount to their health and well-being. The regular application of broad-spectrum sunscreen is vital for XP patients. Sunscreens with a high Sun Protection Factor (SPF) and broad-spectrum exposure provide the best protection against both UVA and UVB rays. XP patients should apply sunscreen liberally to all exposed skin areas, including the face, neck, arms and hands and reapply it every two hours, especially when outdoors or after swimming or sweating. Wearing sun-protective clothing is essential for XP patients to minimize UV exposure. Clothing with a tight weave and dark colors provides better protection against UV radiation. The specialty clothing designed specifically for sun protection, such as Ultraviolet Protection Factor (UPF) clothing, provides enhanced UV blocking properties. XP patients should cover as much skin as possible with long sleeves, pants, wide-brimmed hats and sunglasses to shield themselves from the sun.

Limiting outdoor activities during peak sunlight hours, typically between 10 a.m. and 4 p.m., can significantly reduce UV exposure for XP patients. When venturing outdoors is necessary, choosing shaded areas or using umbrellas, canopies or sun tents provides additional protection from direct sunlight. Planning outdoor activities early in the morning or late in the afternoon when UV levels are lower can also help minimize sun exposure. XP patients should protect themselves from indoor UV exposure as well. Installing UV-blocking window films or using UV-blocking glass on windows and doors can reduce UV penetration indoors. This measure is especially important for individuals who spend significant amounts of time near windows or in sunlit rooms, such as in classrooms, offices or vehicles. For XP patients who need to travel outdoors, using sun-protective vehicles equipped with UV-blocking films on windows or sunshades can provide a safer mode of transportation.

Ensuring that the vehicle's air conditioning system is well-maintained and utilizing cabin air filters can minimize the need to open windows while driving, further reducing UV exposure. Inventing the sun-safe indoor environments is essential for XP patients, especially during leisure and recreational activities. Indoor hobbies, such as reading, crafting or playing indoor games, provide enjoyable alternatives to outdoor activities. Establishing designated sun-safe areas within the home, such as UV-filtered rooms or shaded indoor spaces, provides XP patients with comfortable settings to relax and unwind without worrying about UV exposure. Raising awareness about XP within the community, among family members, caregivers, teachers and healthcare providers, is important for ensuring the safety and well-being of affected individuals. Providing educational resources, such as brochures, pamphlets or online materials that explain the importance of sun protection and the specific needs of XP patients can help foster understanding and support.

Conclusion

Living with XP can pose significant challenges, both physically and emotionally, for patients and their families. Providing psychosocial support services, such as counseling, support groups or online forums, can provide XP patients and their caregivers with valuable emotional support, practical advice and opportunities to connect with others are facing similar challenges. Protecting XP patients from sunlight requires a multi-faceted approach that incorporates sunscreen use, protective clothing, sun avoidance strategies, UV-blocking measures indoors and outdoors, and education and awareness efforts. By implementing these approaches comprehensively and proactively, XP patients can minimize their risk of UV-related complications and enjoy a better quality of life despite the challenges imposed by the condition. Collaborative efforts between patients, caregivers, healthcare providers and the community are essential for ensuring the effective implementation of sun protection measures and supporting the unique needs of individuals living with XP.

Citation: *Quetier G (2025) Approaches for Protecting Xeroderma Pigmentosum Patients from Sunlight. Int J Ophthalmic Pathol 14:1.*