Clinical Study

Sun protection and vitamin D

Location
Santos, Brazil

Led by
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Benefits
Innovative apps supporting sun protection and vitamin D synthesis

Challenge
Can we help people manage healthy sun exposure behaviour in everyday life?

The siHealth’s Sun4Health® app performs a satellite-based real-time monitoring of both erythemal and vitamin D-effective solar radiation dose (patented technology WO/2017/153832), enabling personalised recommendations on sunscreen use and on optimal sun exposure time. If coupled to a wearable device, the app also provides body-site specific recommendations (3D version).

Results & Business impact
Less skin erythema and improved vitamin D levels for Sun4Health® users

A clinical field study with 59 healthy volunteers demonstrated the benefits of using the Sun4Health® apps in real-world conditions\(^1\). The results of the study\(^2\) show that the Sun4Health® app is safe and can modify behaviour to reduce the level of skin erythema (28% less than control, 33% for 3D version), yet increasing the level of vitamin D synthesis (4 times higher than control, 14 times for 3D version).

Because the sun’s rays hit us at different orientations, most people don’t know how to protect themselves. They are confused and not prepared for that kind of exposure. The Sun4Health® app makes it easy for the regular user to understand the benefits and the risks of sun exposure, on any particular day.

Prof. Sergio Schalka
Clinical Director, Medcin Clinical Research Center, Brazil

1 The study was co-funded by siHealth, by BASF and by ESA (“Sun4Health” project 4000120541/17/NL/US), with ethical approval EN19-0771-01