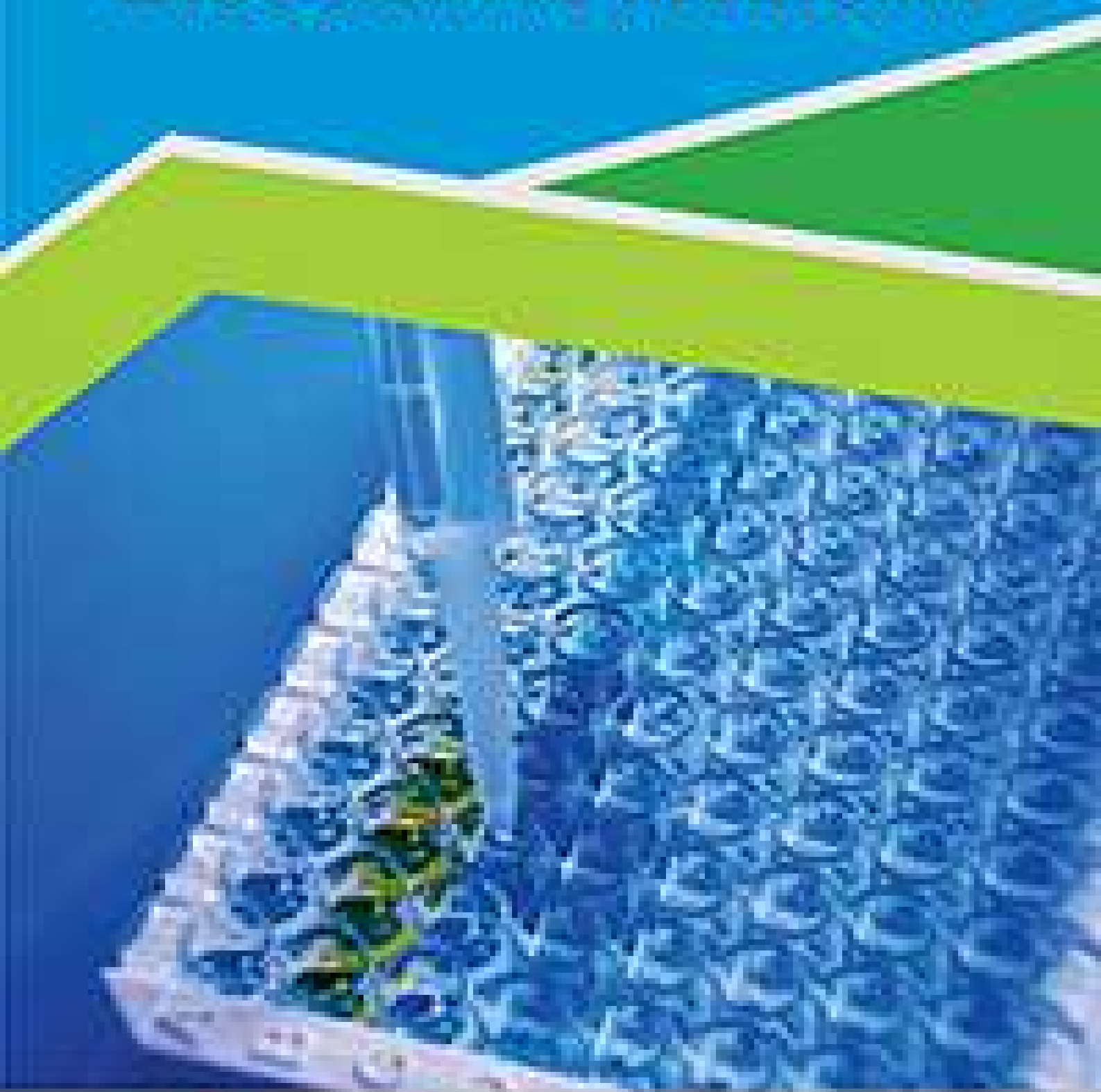


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Correlation between Facial Skin Damage Due to UV Exposure and Facial Skin Porphyrin Level: Study on Students of SMA Kalam Kudus II Jakarta, Indonesia

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A B S T R A C T

Background: UV exposure causes physical and chemical damage. UV causes damage to the skin barrier physically due to the heating process. Meanwhile, chemically, UV causes the formation of oxidants which are responsible for the process of oxidative stress. Damage to skin cells causes loss of the body's natural barrier against various threats from microorganisms. *Propionibacterium acnes* is one of the commensal bacteria on the skin, which will produce products in the form of porphyrins. This study aimed to determine the correlation between UV-induced skin damage and porphyrin levels in SMA Kalam Kudus II Jakarta, Indonesia. **Methods:** This study was an analytic observational study with a cross-sectional approach. A total of 92 research subjects who were students of SMA Kalam Kudus II Jakarta, Indonesia, participated in this study. Facial skin porphyrin levels and levels of facial skin damage due to sun exposure (UV damage proportion) as measured by a skin analyzer. UV damage and porphyrin assessments according to the T Zone and V Zone regions and obtained the average results from the 3 regions. Correlation analysis was performed with the help of SPSS software. **Results:** The higher the percentage of skin damage due to UV correlated positively with the higher the percentage of porphyrin levels, with a value of $r = 0.529$. **Conclusion:** There is a positive correlation between UV-induced skin damage and porphyrin levels in students of SMA Kalam Kudus II Jakarta, Indonesia.

1. Introduction

Indonesia is a tropical country with sun exposure throughout the year. Exposure to ultraviolet radiation (UV) has implications for various skin health problems. UV radiation has acute and chronic effects on the skin, such as sunburn, pigmentation response, erythema, photosensitivity, and skin cancer which are problems that affect the entire life span. Sunburn is observed as the most common reaction to excessive sun exposure, ultraviolet-B radiation (UVB) is also a physical carcinogen that causes skin cancer due to sun exposure.¹⁻⁵

UV exposure causes physical and chemical damage. UV causes damage to the skin barrier

physically due to the heating process. Meanwhile, chemically, UV causes the formation of oxidants which are responsible for the process of oxidative stress. Oxidative stress triggers a series of inflammatory processes in the skin tissue. The chronic inflammatory process causes the activation of the apoptotic process of skin cells. Damage to skin cells causes loss of the body's natural barrier against various threats from microorganisms. There are many commensal microorganisms that live on the skin, and if there is a problem with the skin, these commensal bacteria will invade and multiply more than they should. *Propionibacterium acnes* is one of the commensal bacteria on the skin, which will produce products in

the form of porphyrins. Porphyrins are a series of organic compounds and pigmented compounds that play important roles in processes such as oxygen transport and photosynthesis. Porphyrins have the ability to expose red fluorescence when exposed to ultraviolet light.⁶⁻¹² This study aimed to determine the correlation between UV-induced skin damage and porphyrin levels in SMA Kalam Kudus II Jakarta, Indonesia.

2. Methods

This study was an analytic observational study with a cross-sectional approach and used primary data obtained from SMA Kalam Kudus II Jakarta, Indonesia. A total of 92 research subjects participated in this study. The research subjects met the inclusion criteria in the form of SMA Kalam Kudus II Jakarta Indonesia, aged 15-18 years, and were willing to

participate in this study with the approval of their parents or guardians. This study was approved by the medical and health research ethics committee at the Faculty of Medicine, Universitas Tarumanegara, Jakarta, Indonesia.

Facial skin porphyrin levels and levels of facial skin damage due to sun exposure (UV damage proportion) as measured by a Skin Analyzer. UV damage and porphyrin assessments according to the T Zone and V Zone regions and obtained the average results from the 3 regions (Figure 1). Data analysis was performed with the help of SPSS version 25 software. Univariate analysis was performed to present the frequency distribution data between the test variables. Correlation analysis was performed to determine the correlation between UV-induced skin damage and porphyrin levels.

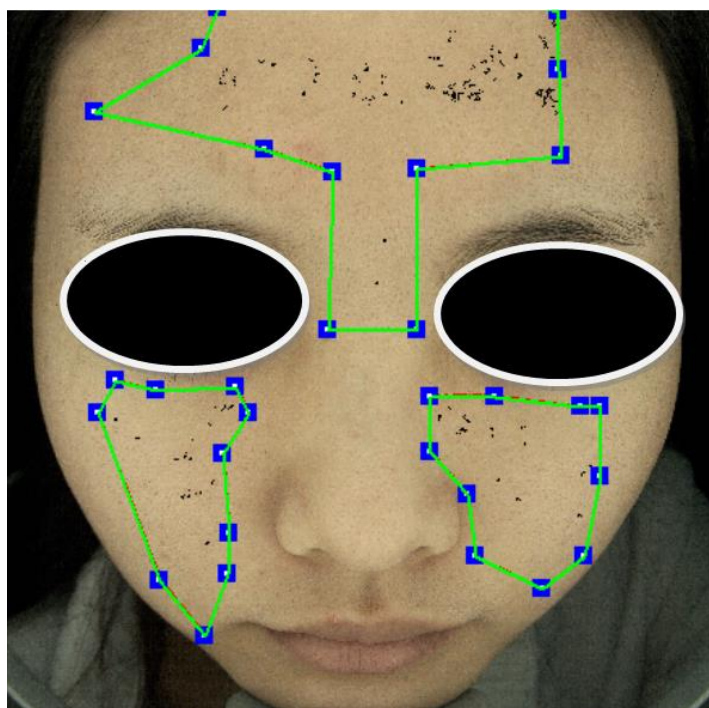


Figure 1. Research variable measurement region.

3. Results

Table 1 presents the baseline characteristics of the research subjects. The research subjects had an average age of 16 years, an average weight of 68.5 kg,

and a height of 171.28 cm. The majority of subjects have a normal body mass index category and have blood pressure in the normotensive category.

Table 1. Baseline characteristics of research subjects .

Variable	Mean (SD)	Median (Min-Max)
Age (Years)	16,02 (0,83)	16 (15 – 18)
Body weight (Kg)	68,50 (16,57)	65,5 (40 – 110)
Height (cm)	171,28 (8,59)	171,4 (117 – 189)
Body mass index (Kg/m ²)	23,32 (5,17)	22,87 (13,24 – 35,11)
Systolic (mmHg)	125,87 (12,98)	126 (97 – 161)
Diastolic (mmHg)	76,46 (8,68)	75,5 (60 – 104)
Porphyrin (%)	55,55 (12,36)	55 (27 – 85)
Skin damage (%)	29,93 (10,71)	26 (17 – 64)

Figure 2 and Table 2 present the correlation between UV-induced skin damage and porphyrin levels. The results of the study showed that the higher

the percentage of skin damage due to UV correlated positively with the higher the percentage of porphyrin levels, with a value of $r = 0.529$.

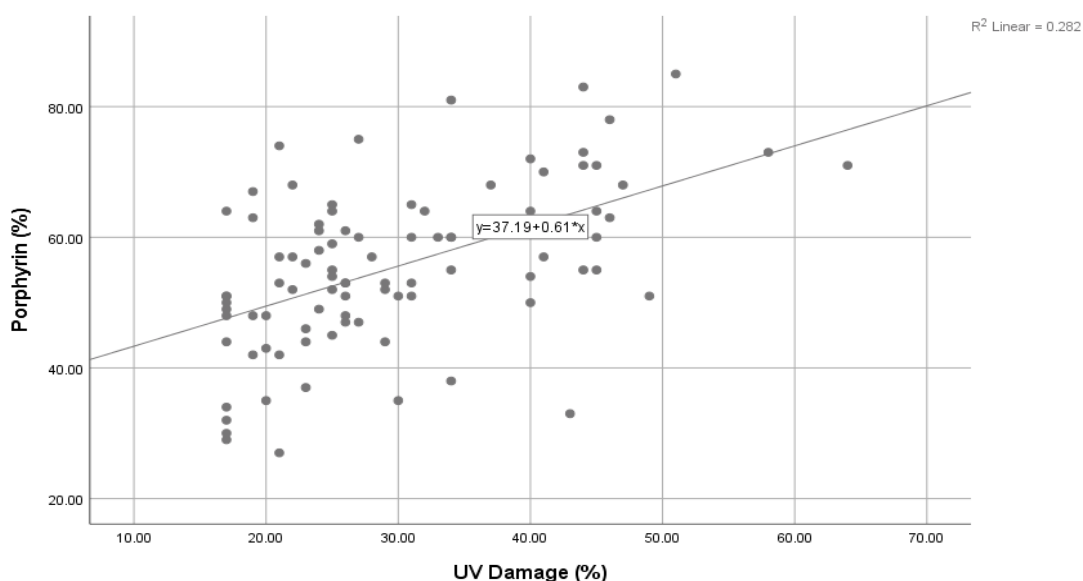


Figure 2. Scatter plot analysis correlation between skin UV damage and porphyrin percentage levels of facial skin.

Table 2. Correlation between skin UV damage and porphyrin percentage levels of facial skin.

Variable	Mean (SD)	Median (Min-Max)	Correlation	p-value
Porphyrin	55,55 (12,36)	55 (27 – 85)	0,529	< 0,001
UV damage	29,93 (10,71)	26 (17 – 64)		

4. Discussion

Porphyryns are a group of organic compounds. Several porphyryns play a major role in various processes, such as oxygen transport and photosynthesis. Heme, protoporphyrin, coproporphyrin, and uroporphyrin are the most common porphyryns found in the human body.

Porphyryns are pigment compounds. While exposed to ultraviolet light of wavelength near 400 nm, porphyryns will expose a red fluorescence. Heme is essential for the human circulatory system. Although it functions as part of the structure of other proteins, heme is best known because it is made up of units of hemoglobin, a metalloprotein that transports oxygen.

Heme contains iron in its porphyrin ring, allowing the binding of oxygen. Porphyrins are involved in many major metabolic processes of prokaryotic and eukaryotic cells, including respiration, biological oxidation, photosynthesis, sulfate reduction, and carbon backbone rearrangement.¹³⁻¹⁷

Propionibacterium acnes produces porphyrins, which fluoresce on Wood's light examination, especially on the nose and forehead, and produce endogenous porphyrins like many other cell types. Porphyrins produced by *Propionibacterium acnes* may contribute to the perifollicular inflammatory reaction through their cytotoxic effects and by stimulating the expression of keratinocyte-derived Interleukin-8 (IL-8). Following the rupture of the follicular epithelium, perifollicular secreted porphyrins may also contribute to the inflammatory reaction of the follicle or its environment by promoting the development of cytotoxic agents such as squalene peroxide, possibly via singlet oxygen.¹⁸⁻²¹ The various theories and studies above are in line with the results of this study which show that there is a positive correlation between UV-induced skin damage and porphyrin levels.

5. Conclusion

There is a positive correlation between UV-induced skin damage and porphyrin levels in students of SMA Kalam Kudus II Jakarta, Indonesia.

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