Spørgsmål til ministeren

I svar på spørgsmål nr. 573, spurgte jeg til, om ministeriet har undersøgt, om de mangeårige advarsler mod sol og solariebrug kan have haft utilsigtede sundhedsmæssige konsekvenser, herunder en mulig medvirken til en stigende forekomst af multipel sklerose i Danmark?. Svaret lød at *"Sundhedsstyrelsen er ikke bekendt med, at fokus på solbeskyttelse skulle have medført negative sundhedsmæssige konsekvenser, og kan endvidere oplyse, at der ikke er evidens herfor, hverken i den videnskabelige litteratur eller i erfaringen fra andre lande med mere restriktiv lovgivning på solarieområdet".*

I den forbindelse har jeg samlet en række videnskabelige artikler, der netop fremfører, at advarslerne mod sol *kan* have haft negative konsekvenser for den overordnede sundhed. Samlet set viser resultaterne, at høj soleksponering giver længere levetid, at patienter med den mest forekommende hudkræft, BCC, har en længere levetid end gennemsnitsbefolkningen - samt at høj soleksponering kan forsinke udviklingen af multipel sklerose.

Baseret på denne viden, vil ministeren så overveje at bede Sundhedsstyrelsen om at revurdere deres anbefalinger?

Lindqvist et al. 2016, J Intern Med. https://pubmed.ncbi.nlm.nih.gov/26992108/:

- "Women with low sun exposure were at doubled risk of death during the next 20 years compared to those with the highest sun exposure and not at increased risk of death by or with melanoma. Strikingly, people with the highest UVR exposure score and who had contracted skin cancers showed the lowest mortality in this Swedish cohort."
- "We have investigated the lower extremes of sun exposure (under exposure) and found that the HRs for all-cause mortality increased 4-fold in both NMSC and MM groups amongst avoiders of sun exposure as compared to the highest sun exposure group. In addition, women with NMSC and the highest sun exposure had the longest life expectancy."
- "Subdistribution Cox regression analysis showed … a 'dose dependent' [benefit] compared to the moderate and high sun exposure groups … avoidance of sun exposure seems to be a risk factor of magnitude similar to smoking in terms of life expectancy."
- "Large cohort studies indicate that various measures of higher sunlight or UVR exposure are associated with improved overall life expectancy."

Riedmann et al. 2025, Photochem Photobiol Sci. DOI:
https://link.springer.com/article/10.1007/s43630-025-00743-6

- "While being aware of the limitations of observational studies, the striking findings of different large epidemiological studies documenting that more sunlight or UVR exposure is significantly associated with longevity deserves urgent attention in the context of public health."
- "Overall, the health benefits of mild to moderate UVR exposure counterbalance and probably outweigh the increased risk of skin cancer and skin damage, particularly in high-latitude countries such as those in northern Europe."
- "The study found significant inverse relationships between UVR exposure and all-cause mortality, as well as cause-specific deaths from CVD and cancer. This effect was notably strong among solarium users, who showed reduced mortality across various categories, pointing to the potentially broad systemic benefits of UVR exposure."
- "Observational studies showed an inverse relationship between sun exposure and MS onset and severity and, thus stimulated further interventional studies on UVR exposure and MS. Clinically isolated syndrome (CIS) is the earliest detectable form of MS. The PhoCIS trial (narrowband UVB phototherapy for CIS) found that after 12 months, 100% of the No-Phototherapy arm and 70% of the Phototherapy arm had converted to MS, suggesting UVB exposure delayed progression."

Weller, 2024: Sunlight: Time for a Rethink?"

- UVR is a skin carcinogen, yet no studies link sun exposure to increased all-cause mortality. Epidemiological studies from the United Kingdom and Sweden link sun exposure with reduced all-cause, cardiovascular, and cancer mortality.
- Data from these 2 independent studies confirm that for white-skinned inhabitants of North European countries, the benefits of sunlight exposure outweigh the risks."
- Inadequate UV exposure in winter months thus underlies much of the regular winter rise in all-cause mortality."
- Sunlight exposure exerts immunomodulatory effects to reduce multiple sclerosis severity.