Narrowband ultraviolet B phototherapy and serum folic acid level

Viroj Wiwanitkit

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Dear Sirs,

I read with great interest the recent publication on “narrowband ultraviolet B phototherapy” [1]. The effect of narrowband ultraviolet B phototherapy on serum folic acid levels still remains inconclusive [1–3]. The effect has been determined in some studies, whereas findings are discordant in others [3]. There are many points that remain disputable. Quality control in determining serum folic acid levels should be mentioned first [4]. Second, there are many factors that can affect folic acid levels. Nutritional status [5] and some congenital blood disorders (such as thalassemia) [6, 7] serve as good examples. Some practices, such as vegetarianism and alcohol consumption, can also result in decreased serum folate levels [5]. Focusing on thalassemia, a trend is observed to low serum folate levels after exposure to stress [7]. These factors have to be considered when results are interpreted.

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V. Wiwanitkit (✉)
Wiwanitkit House,
Bangkhuae, Bangkok, Thailand 10160
e-mail: wviroj@yahoo.com

V. Wiwanitkit
Hainan Medical University,
Hainan, China