

**Q13: UVB for PLE. How many courses are recommended? Should it be continuous annually or a break?**

**A:** Desensitisation should not routinely be offered to patients with mild PLE to allow them to subsequently “sunbathe” on holiday. Instead, it should be reserved for more severe cases, to allow incident sunlight exposure via everyday activities on subsequent holidays. For many patients, PLE naturally improves with time. Therefore, it could be recommended that a “gap year” be trialled after every 4 years of treatment, where no desensitisation course is given. In around half of cases, patients may find the condition has improved and desensitisation is not required in subsequent years.