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Ulna – the bone of the forearm on the side opposite to the thumb

Ultrasound – sound waves of a very high frequency (above 20,000Hz)

Ultraviolet rays – invisible short-wavelength radiation beyond the violet end of the visible spectrum. They are UVA with a wavelength of 320 – 400 nanometres, these rays cause cumulative changes in the skin such as; inflammation, abnormal cell production, thickening of the stratum corneum, depletion of immune stimulating cells and elastin deterioration. The UVB rays have wavelengths of 290- 320 nanometres and they cause sunburn.

Urea – a product of protein metabolism, it is produced commercially from synthetic ammonia and carbon dioxide and used in face creams, hair conditioners and body lotions.

Urinary system –the body system that provides a filtering mechanism for the blood, regulates water and salt levels in the body and excretes waste, to maintain the volume and composition of body fluids within normal limits, it includes the kidneys, bladder, ureters and urethra.

Urine – the liquid waste matter excreted by the kidneys

Urticaria – also called hives or nettle rash, it is a lumpy itchy rash that resembles a nettle sting, pale, tiny vesicles or wheals surrounded by red inflamed skin. It is an allergic reaction and results from the release of histamine into the skin.

UV tanning – the production of a tan in response to exposure to Ultra Violet Radiation, naturally from the sun or artificially from sun beds and other tanning equipment. UVR is divided into A and B rays. UVA rays penetrate into the dermis, providing an immediate but temporary colour, they generate free radicals that alter the skin cells and fibres and contribute to an ageing skin. UVB rays penetrate into the epidermis, stimulating the production of vitamin D which is needed for growth and healthy bones, they are however, responsible for burning the skin and in some cases contribute to the formation of skin cancer.