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### *Actinic Keratosis – An experts' conclusion at the monastery Andechs*

Among the monastic Winter landscape the European Skin Cancer Foundation has invited to a press workshop on “Actinic keratosis – an experts’ conclusion” on 07 December 2012. The journalists have been informed about epidemiology, the importance of occupational diseases and about new options to treat actinic keratoses.



Press workshop at monastery Andechs © Schnarr, ESCF

Skin cancer is the most common cancer in Germany. There are more than 223.500 new cases each year – 85 percent of them have non melanoma skin cancer. This is shown by the latest data of the German epidemiological cancer registries and calculations by the center for cancer registries data, the society of the epidemiological cancer registries in Germany and the cancer registry of Schleswig-Holstein.

At least 30 percent of all skin cancer types result from an actinic keratosis which is the early stage of non melanoma skin cancer. Especially people who often work outdoors are affected. The whole day they are exposed to a natural work-related UV radiation. Epidemiological studies show a positive, statistically significant and relevant relationship between work-related UV exposure and the risk to develop squamous cell carcinoma and actinic keratoses.

Outdoor workers have a 100 percent higher risk in average to develop cutaneous squamous cell carcinoma as compared to the rest of the population. Squamous cell carcinoma including several actinic keratoses should be announced as an

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occupational disease if there is an intensive and longtime work-related UV exposure and if the clinical criteria also indicate that the disease is caused by the job.

Especially in the early stages actinic keratoses are better to diagnose because of the typical appearance. There are several treatment methods of which invasive methods are mostly used. Actinic keratosis appears normally in visible skin areas which are sun exposed. Due to the fact that invasive methods often leave scars they are reaching their limits. Other methods like Imiquimod or Fluorouracil are often too long for the patients.

Therefore, new non-surgical treatment methods have been developed, e.g. Ingenol mebutate, an extract of the plant *Euphorbia peplus*, which can be used as a local treatment option (New England Journal of Medicine: 2012; 366; 1010-1019). Due to its efficiency, the shortage of therapy and the excellent compliance Ingenol mebutate will become one of the most effective substances for treating actinic keratoses. Already after two or three applications the treatment shows a very good result – up to the complete remission of the actinic keratosis. Since January 2012 the US Food and Drug Administration approved Ingenol mebutate named PICATO® for the treatment of actinic keratoses. In Germany it will also become available shortly.

*See more at:*

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/aktinische-keratose-ein-expertenfazit-im-kloster-andechs.html>

### *Skin Cancer Trainings for Spanish Dermatologists*



The European Skin Cancer Foundation (ESCF) has hosted the last Master Classes in 2012. More than 30 dermatologists from Spain have been informed about prevention, diagnoses and treatment of skin cancer. The topics included prevention campaigns through digital media, latest European data about skin cancer incidences and different types of therapies.

With several case studies the participants could exchange their knowledge and experiences about different treatment methods.

The main aim of the Master Classes is to develop international programs and strategies for the early detection of skin cancer and for the reduction of risks.



Therefore, the trained dermatologists will pass on their expertise to other Spanish dermatologists. In 2013 the workshops will be continued.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/skin-cancer-trainings-for-spanish-dermatologists.html>

The European Skin Cancer Foundation wishes you and your family Merry Christmas and a happy and healthy New Year !



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