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### *Do not roast yourself: For a safe summer time*

With the beginning of the summer holidays in Berlin and Brandenburg a national awareness campaign against skin cancer started on 20th June 2013 in Berlin. The European Skin Cancer Foundation initiated the campaign together with LEO Pharma in order to inform the public about a reasonable handling with the sun during the summer months: sun burns in childhood are a great risk factor for the development of skin cancer. Therefore, sun protection is very important.

Skin cancer does not emerge overnight. The consequences of sun burns often occur after a time period between ten and twenty years in the form of chronic light damages of the skin – the most significant cause of skin cancer. The first signs of too much UV exposition could be rough and scaly areas, hardenings or calluses on the skin. They appear mostly on the so called sun terraces like the forehead, nose, ears or the cleavage. This precursor, called actinic keratosis, evolves into a type of non-melanoma skin cancer in ten percent of the cases. There are more than 200.000 new patients each year. Thus, skin cancer is the most common cancer disease in Germany.



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“Whether in the job or in the leisure time, we still do not think much about our daily sun exposition without protection”, reminded Professor Eggert Stockfleth, head of the European Skin Cancer Foundation on the press conference at the Tegel airport in Berlin.

Especially in the holidays people travel to southern regions for which their skin is not been made for. “Unfortunately, the main aim for most of the holidaymakers is to get back tanned. Therefore, sun protection does not play an important role for them”, said Professor Stockfleth.

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That is the reason why the European Skin Cancer Foundation and LEO Pharma started the awareness campaign “Do not roast yourself”.

During mobile information desks in pedestrian zones or health fairs, people will get information materials about sun protection as well as sunscreen. In this way people will learn something about the danger of the UV radiation, about prevention and not to get tanned unprotected - like a toast in the toaster.



© LEO Pharma

“The dose is decisive. Therefore, sun protection must become a matter of course like the daily teeth brushing”, said Professor Stockfleth. Instead of pointing the finger, people should learn a reasonable handling of the sun. At the same time, the campaign calls for skin cancer screening, because skin cancer is curable if it is early detected.

That is why all experts have agreed that more information about prevention is essential. The mobile information desk of the “Do not roast yourself”- campaign will be in 30 German cities during the next couple of months. More information and the exact dates can be find under: [www.lass-dich-nicht-roesten.de](http://www.lass-dich-nicht-roesten.de) or <http://www.escf-network.eu/en/welcome/projects/lass-dich-nicht-roesten.html>

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/do-not-roast-yourself-for-a-safe-summer-time.html>

### *European Dermatologists were trained by the ESCF Partner Classes*

In June the European Skin Cancer Foundation has organised two of its training courses „ESCF Partner Classes“. A mixed group informed themselves about prevention, diagnosis and therapy of skin cancer from 7th to 8th of June. From 21th to 22th of June dermatologists from Austria and Switzerland visited the Skin Cancer Center Charité in order to learn about new findings about skin cancer.

The topics of both workshops include the historical development of the Charité University Hospital, news about the therapy of cutaneous lymphomas and the malignant melanoma, diagnoses with the help of the confocal microscopy and ultrasound as well as the latest treatment methods in the daily clinical practice. By means of practical examples the participants could discuss about the different

therapies and they could exchange their experiences from their own daily practice.



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The aim of the Partner Classes is to win the participants as ambassadors who train other dermatologist in their home countries in order to develop uniform programs and strategies against skin cancer.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/european-dermatologists-were-trained-by-the-escf-partner-classes.html>

### *Only every third over 35 years go to the skin cancer screening*



Peoples' fear of getting skin cancer is increasing in Germany. Only a part of them use the early detection, which a survey of the FORSA showed on behalf of the German Society of Dermatology. 1000 insured people aged 18 or above were questioned in April 2013.

About half of the participants declared that they are worried about the disease. That is an increase of six percent compared to 2011, informed the Professional Society of German Dermatologists (BVDD) in Berlin. Thus, 90 percent of all participants think that prevention is very important.

According to the survey only a third of the people aged 35 years and older used the skin cancer screening, although the examination belongs to the free performances of the insurance funds.

The BVDD calls upon the health insurance funds to make the skin cancer screening better known. (Source: dpa)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/only-every-third-over-35-years-go-to-the-skin-cancer-sreening.html>

### *European Skin Cancer Foundation informed during the „Capital City Congress“ about the right sun protection*

From 5th to 7th June 2013 about 8000 professional visitors were informed during the Capital City Congress “Medicine and Health” in the ICC Berlin about different topics of the health sector.

The congress enabled all professional groups to look into other areas and to get to know problems and thoughts of the others. During several lectures and workshops with 600 speakers from Germany and from abroad the participants expected inspired discussions about the central aspects of health policy and of current topics.



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Parallel to the 180 single events about 150 exhibitors invited to their information stands to intensive talks. The European Skin Cancer Foundation and LEO Pharma presented the awareness campaign “Do not roast yourself” and informed the visitors about suitable sun protection.

Since the ICC will be rehabilitated, the next Capital City Congress 2014 will take place in the new multifunctional Congress and Convention Arena “City Cube” at the former site of the Deutschlandhalle.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/european-skin-cancer-foundation-informed-during-the-capital-city-congress-about-the-right-sun-prot.html>

You find more news and information about the ESCF at: [www.escf-network.eu](http://www.escf-network.eu) or here:



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