

# EUROPEAN SKIN CANCER FOUNDATION

## Newsletter July/August 2012



[WWW.ESCF-NETWORK.EU](http://WWW.ESCF-NETWORK.EU)

### *In this edition:*

1. A lot of fun and information during the children's party
2. School graduation and sun protection
3. Paprika and tomatoes build up only small UV protection
4. Summer Skin Symposium celebrated its ten-year anniversary
5. Protect your eyes against UV radiation also on cloudy days

### *A lot of fun and information during the children's party*

On 16 June 2012 the Otto-Deubner-Centrum of the Charité Berlin invited to a children's party at the Virchow-Department. As every year everybody could make many experiences on the meadow at the Mittelallee 8.



© ESCF

Handicrafts at the booth of the Children Assistance - Assistance for leukemia and tumor patient of children, drinking contest of baby's bottles at the booth of the "Friends" of premature babies in the CVK, draw lots at the tombola, make up for children, goal shooting or a tour with the fire brigades – there was something for everyone. But there were also interesting facts for guests of all ages.

The European Skin Cancer Foundation informed about methods of sun protection for instance with sunscreen. The highlight of the party was the visit of the Sandmännchen of the rbb who seemed to be much bigger than in the TV but who liked to be available for photos and for cuddling.



© ESCF

### See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/a-lot-of-fun-and-information-during-the-childrens-party.html>

### Contact details

ESCF - European Skin Cancer Foundation  
c/o Kaiserin-Friedrich-Haus  
Robert-Koch-Platz 7  
10115 Berlin, Germany

### Head

Univ.-Professor Dr. med. Eggert Stockfleth  
Tel. +49 (0)30 - 450 518 266  
Fax +49 (0)30 - 450 518 966  
[e.stockfleth@escf-network.eu](mailto:e.stockfleth@escf-network.eu)

### Manager

Birgit Hinrichs  
Tel. +49 (0)30 - 450 518 358  
Fax +49 (0)30 - 450 518 935  
[b.hinrichs@escf-network.eu](mailto:b.hinrichs@escf-network.eu)

### Public Relations

Stefanie Schnarr  
Tel. +49 (0)30 - 857 489 405  
Fax +49 (0)30 - 857 489 411  
[s.schnarr@escf-network.eu](mailto:s.schnarr@escf-network.eu)

### Foundation board

Univ.-Professor Dr. med. Eggert Stockfleth  
(Chairman)  
Univ.-Professor Dr. med. Wolfram Sterry  
Univ.-Professor Dr. med. Helmut Kerl  
Dr. Markus Heuel  
Peter Schouten

[www.facebook.com/ESCFNetwork](https://www.facebook.com/ESCFNetwork)

[www.twitter.com/ESCFNetwork](https://www.twitter.com/ESCFNetwork)



### Account details

Account holder:  
Stifterverband für die  
Deutsche Wissenschaft

Bank: Deutsche Bank AG, Essen  
Bank code: 360 700 50

Account number:  
247 190 210

IBAN: 48 360 700 500 247 190 210  
BIC: DEUTDEDE

### *School graduation and sun protection*



The Bettina von Arnim School in Berlin invited to a big prom on 15 June 2012. About 350 students, parents and teachers celebrated the farewell of the 10<sup>th</sup> grade. All of them enjoyed the party, because the summer holidays have top priority right now.

In order to start the vacation without a sun burn the European Skin Cancer Foundation informed about a smart and healthy handling with the sun. For a tanned skin, especially the young people are ignorant and accept the risk to develop skin cancer.

### *Paprika and tomatoes build up only small UV protection*

The recommendation to eat paprika and tomatoes for a better UV protection might not to be very effective: You can reach only a sun protection factor (SPF) of 1,5 till 2, if you eat 300 grams tomatoes, explains Professor Thomas Dirschka from the Professional Society of German Dermatologists.



© BettinaF / pixelio.de

The protection is built up by the substance lycopene and only works for 24 hours. “This does not eliminate the need for sun protection in terms of cream”, says Dirschka.

Finally, a SPF of 2 does not protect against sunburns. Dirschka recommends lotions with a SPF of at least 20. In any case, sun worshipper should stay in the shadow around noon, when the sun is at its highest. *Source: dpa*

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/paprika-and-tomatoes-build-up-only-small-uv-protection.html>

### *Summer Skin Symposium celebrated its ten-year anniversary*

For the tenth time in a row the Skin Cancer Center Charité (SCCC) has invited for the Summer Skin Symposium which took place under the umbrella of the Charité Comprehensive Cancer Center. Nearly 200 dermatologists from Berlin and Brandenburg and from the department of Dermatology, Venerology and Allergology of the Charité as well as from other hospitals informed themselves on current developments of dermatooncology at the Kaiserin-Friedrich-Haus.



© Hauttumorzentrum, Charité

In the breaks several industrial exhibitors presented their products for skin care or sun protection and the European Skin Cancer Foundation (ESCF) informed about its projects and awareness campaigns. At the same time the participants could also visit a part of the exhibition “SkinScape” by Dr. Jürgen Scriba. For this special event some of the photos were taken from the SCCC to the gallery of the Kaiserin-Friedrich-Haus. After the symposium the discussions have been continued at the buffet or on the dancefloor.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/summer-skin-symposium-celebrated-its-ten-year-anniversary.html>

### *Protect your eyes against UV radiation also on cloudy days*

Also on cloudy summer days the eyes may be damaged due to UV radiation. Because the UV light penetrates to the earth's surface despite the clouds. Especially when you stay at the water for a longer time, you have to pay attention, advises the Board of Trustees Good Vision in Berlin. You will notice that the eyes have got radiation more than enough when you feel your eyes are reddened, teary or tired. In this case there should be some days break from the sun.

Due to the Board of Trustees Good Vision you should wear sun glasses with UV and glare protection. Beside water and sand bright coloured newspapers or books could reflect radiation, so the body is exposed by UV radiation from the top and the bottom, as well.

Perfect glasses should have the “CE” marking and the information about the sun protection factor inside the earstem. They also should block UV radiation of wavelengths below 400 nanometers.

There is a need of special protection for the eyes of children and cataract patients.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/auch-an-bewoelkten-tagen-augen-vor-uv-strahlen-schuetzen.html>

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



### Newsletter Editorial of the ESCF

Stefanie Schnarr  
Kaiserin-Friedrich-Haus  
Robert-Koch-Platz 7  
10115 Berlin  
Tel: 030/450 618 375  
[s.schnarr@escf-network.eu](mailto:s.schnarr@escf-network.eu)  
[www.escf-network.eu](http://www.escf-network.eu)

If you did not receive the newsletter directly from us, but you would like to get information of the ESCF on a regular basis, please mailto: [s.schnarr@ESCF-network.eu](mailto:s.schnarr@ESCF-network.eu) with **subject: subscribe**

If you no longer want to receive the newsletter in future, please mailto: [s.schnarr@ESCF-network.eu](mailto:s.schnarr@ESCF-network.eu) with **subject: unsubscribe**