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Black cancer is the most common cancer type among women

The black cancer is the most common cancer type among young women. This is pointed out by Ferd Nettekoven, managing director of the German Cancer Aid, in an interview with the "Neue Osnabrücker Zeitung".



The malignant melanoma is with 281 cases per year, on the top of the cancer types for women between the age of 20 and 29 in comparison to the dates of 2010, explains Prof. Alexander Katalinic, the first chairman of the Society of Epidemiological Cancer Registries in Germany.

According to experts the reason for that is the intense use of tanning beds. The black cancer is on the second position after breast cancer for women between the age of 30 and 49. (Source: dpa)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/black-cancer-is-the-most-common-cancer-type-among-women.html>

Also in the shadow you will get tanned

The sun is shining and almost everybody is enjoying the summer to its fullest. Sunbathing is a real pleasure for many people whether in the park, on the beach or at the swimming pool. But many of them exaggerate it because of the wish to get tanned and expose too long unprotected to the dangerous UV radiation of the sun. Can we tan in the shade?

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“Yes, because clouds, smog or sun umbrellas only block a part of the UV radiation. The greatest part of it will be refracted by dust particles or other air components proceed parallel to the earth’s surface and hit us from the side”, says Professor Eckhard Breitbart, second chairman of the Dermatological Oncology Working Group (ADO). “You receive about 30 to 40 percent of the UV radiation in the shadow”.



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When the sunrays pass the skin, the pigment cells of the epidermis (melanocytes) produce the dark pigment melanin and transfer it to the other surrounding skin cells (keratinocyte). The dusty pigment protects the cell nucleus against UV radiation by “lying over the cell like an umbrella in an angle to the sunray”, says Breitbart.

Some people consider tanned skin to be a sign of health and vitality. According to the expert it is the “skin’s last cry for help when attempting to block the carcinogenic rays from the DNA of the skin cell.” Caution is also recommended in the shadow. Otherwise the skin can also react with the red alert phase: a sun burn. (Source: *dpa*)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/also-in-the-shadow-you-will-get-tanned.html>

Construction worker should wear T-shirts even in extreme heat



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Again and again construction workers take off their T-shirts in hot summer days in order to get refreshed. But that is not advisable, warns Professor Thomas Kraus from the German Society of Occupational and Environmental Medicine.

The danger of getting a sunburn is too high. Although they could apply sunscreen with a high sun protection factor (SPF), a T-shirt protects better than a cream. In principle, construction workers should not dismiss sun protection: People working outside have a higher skin cancer risk, warns Professor Kraus.

Nevertheless, the construction sector does not pay much attention to sun protection. He advises to wear a T-shirt and long trousers as well as a cap. The cap protects the face and makes sure that the head will not become too hot. Uncovered skin areas should be creamed with sunscreen with SPF 50.

(Source: dpa)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/construction-worker-should-wear-t-shirts-even-in-extreme-heat.html>

Babies should always stay in the shadow

The skin of babies need a special care. “Their skin is thinner than adults’ skin. That is why babies’ skin easier absorbs UV radiation”, explains Monika Niehaus from the Professional Association of Physicians in Child and Adolescent Medicine. Furthermore, the skin of babies cannot form as much pigments as the adults in order to build up its own protective mechanism.” Children under the age of 6 months should not stay in the sun.

Parents should take a walk with the stroller before 10 a.m. or after 4 p.m. in summer. Niehaus recommends a stroller with sun protection. A removable UV protection for the car windows could absorb additional radiation.



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The best sun protection is light clothing covering arms and legs. A sun hat with brim and neck protection hides the particularly exposed locations: Face, ears and neck. When the baby is older than six months, parents could apply sunscreen. But that does not mean to avoid the other protective methods – furthermore, the best protection is shadow and clothes of UV impermeable material.

(Source: dpa)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/babies-should-always-stay-in-the-shadow.html>

Do not apply fat-containing skin care cream for sunburns

A sunburn should not be creamed with a fat-containing skin care lotion. This cream could cause additional heat accumulating in the skin, explains Professor Uwe Reinhold from the Professional Association of German Dermatologists in Berlin. Moist and cool compresses or a cool shower as well as after sun lotion are much better methods. People with severe pain could take acetylsalicylic acid (ASA), which also alleviate the inflammation of the skin.



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A sun burn appears when the cell tissue of the upper layer of the skin is damaged because of too much UV radiation, explains Reinhold. Thus, the tissue becomes inflamed, the skin becomes red and warms up. Beside the pain, in bad cases the skin is blistering. If the skin is strongly burned or people have fever or chills they should go to a doctor. (Source: *dpa*)

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/do-not-apply-fat-containing-skin-care-cream-for-sunburns.html>

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