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### *Run against cancer*



ESCF – Walk Team

For the 29<sup>th</sup> time the Avon women's run took place on 12 May 2012 at the "Straße des 17. Juni" in Berlin. It was partly sunny weather as 17.500 participants met for the greatest charity run dealing with breast cancer. The event provided several possibilities, the "Bambini run" for children under the age of 10, Power Walking, Nordic Walking and runs over a distance of 5 or 10 kilometers.

However, the focus was not to show top athletic performances but to have a lot of fun, the possibility to do something for the body and of course the good purpose of the run. Because each woman donates automatically 1 Euro of the entry registration to the Berlin Cancer Society. The main sponsor of the event, the cosmetic company Avon, finally doubled the amount of the donation. A total amount of 35.000 Euros was collected for the fight against breast cancer.

Next to that the possibility existed to collect donations as a running team and to help additionally breast cancer patients in Berlin. The donations of the so called "Sponsored Walk Teams", a group of private sponsors, friends or colleagues, will be spent for breast cancer patients in a financial and social emergency. The European Skin Cancer Foundation (ESCF) also participated with three women as a sponsored walk team in order to support the Berlin Cancer Society with their collected donation.

### See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/laufen-gegen-krebs.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  
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BIC: DEUTDEDE

## *Again training courses of dermatologists from Europe and North and South America*

What had successfully started in 2011 has now proceeded. After the first trainings of 100 dermatologists from Europe, Canada and Brazil, the European Skin Cancer Foundation organized again the Master Classes in April and May 2012. During the workshops in spring the participants could inform themselves about news on prevention, diagnoses and treatment of skin cancer.



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The topics included treatment of organ-transplanted patients, better diagnostic methods with the confocal laser microscopy, sonographic controlled fine needle aspiration cytology, treatment of patients with melanoma or lymphoma as well as new research approaches of viral skin carcinogenesis. In order not to miss out the practice, some of the 65 participants prepared examples of their hospital for discussions about therapies in the whole group of the course.

Main aim of the workshops is to develop international programs and strategies for the early detection of skin cancer and for the reduction of risks. The awareness of skin cancer has to increase worldwide. Therefore, the trained dermatologists will pass on their expertise to dermatologists in their home countries. The next workshops which are supported by Leo Pharma A/S will be in autumn 2012.



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### *Some drugs can increase the risk of sunburn*

Some drugs can increase the risk of sunburn. These include some medicines against cardiac insufficiency or cardiac arrhythmias. „But it also depends on the skin type: Are you the mediterranean or the celtic type with red hair”, explains Ursula Sellerberg of the Federal Association of German Pharmaceutical Organisations in Berlin. The duration of sun exposure is also important. “You have to be aware the increased light sensibility, but do not panic.”



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Some of the most common examples are medicines with the active substance Hydrochlorothiazid which is used against cardiac insufficiency and medicines with the active substance Amiodaron against cardiac arrhythmias. It has also been reported that the moodbrightening St. John's wort could increase light sensibility, but only if the doses is much higher than recommended, says Sellerberg. *Source dpa*

#### **See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/manche-medikamente-koennen-sonnenbrandgefahr-erhoehen.html>

### *Also sun protection under clothes during outdoor sports*



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Outdoor sportsmen should use sun screen also under clothes. General sportswear lets penetrate 25 to 35 percent of the UV light of the sun, explains the Professional Society of German Dermatologists (BVDD) in Berlin.

If you do not like to apply sun screen under the clothes, you can use sportswear with a certificated UV protection. Head and neck should be covered as well.

Dermatologists advise water- and sweat-proof sun screen when performing sweaty sport activities. Sportsmen should use preparations without perfumes and preservatives in order to avoid skin irritations. The best thing is to rub yourself 30 minutes before staying outdoors and to repeat it regularly. This method provides the protection but will not extend the protection time however.

Source: dpa

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/bei-outdoor-sport-auch-sonnenschutz-unter-der-kleidung.html>

### *Shadow is the best sun protection for children*

Shadow and the correct clothes are the best sun protection methods for the sensitive children's skin. Sunscreen is only a small part of sun protection. That explained the Regional Chamber of Pharmacists for Hessen. A sunshade and light clothing like shirt, shorts and head will protect the skin of the children.



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Parents often rub the whole body of their children with sunscreen. However these greasy preparations can stress the body. The whole body of the children will be heated by the sun. If one rubs the children completely, they will have problems to sweat. In the worst case it may cause a heat accumulation, warned the chamber.

Therefore parents should use sunscreen only for naked parts of the body. Due to the thinness and permeability for a lot of substances of children's skin in contrast to adults's skin it is important to pay attention to use the correct product. Especially, infants under the age of two and babies should be rubbed with sunscreen consisting of physical filter substances, advise the experts. They act like a sunshade. In contrast the chemical filter substances often cause skin irritations.

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/schatten-ist-der-bessere-sonnenschutz-fuer-kinder.html>



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### 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)

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