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### *International Conference about Papillomaviruses and Skin Cancer in Berlin*



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UV radiation is the main risk factor for the development of skin cancer. What many people do not know, viruses play an important causal role. About twenty percent of all cancer diseases are caused by virus infections. This is the result of long research activities. It can even be assumed that this number has to be revised upward in the future due to increasing scientific findings.

Since Professor Harald zur Hausen was awarded with the Noble Prize of Medicine in 2008, the human papillomaviruses (HPV) moved into the center of public interest.

“The mechanism of genital HPV types in cervical carcinogenesis is different compared to cutaneous types. Due to the vaccination against cervical cancer this type of cancer is quite well known by most of the population. We would like to have this awareness for the cutaneous types as well”, said Dr. Ingo Nindl from the Department of Dermatology, Venerology and Allergology of the Charité University Hospital in Berlin at the opening of the 6th International Conference of HPV, Polyomavirus and Ultraviolet (UV) Radiation in Skin Cancer on 18 October 2012.

For the sixth year in a row - this year under the auspices of the European Skin Cancer Foundation (ESCF) – the conference informed about the latest research in the field of HPV. 31 international leading experts presented their newest research results in Berlin.



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Additional short lectures about projects and guided poster walks completed the scientific program.



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There was also time for fruitful discussions and scientific exchange during the breaks and the Conference Banquet in the Kaisersaal at the Salons at Potsdamer Platz.

The 7th International Conference of HPV, Polyomavirus and Ultraviolet (UV) Radiation in Skin Cancer will take place in April 2014 in Novara (Italy).

See more at:

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/kutane-papillomviren-sind-mitverursacher-von-hellem-hautkrebs.html>

### *Solariums are particularly dangerous for fair skin types*

Solariums should be taboo for the two brightest skin types. Nevertheless, there is a risk for all skin types visiting the tanning beds: the danger to get the aggressive black skin cancer will be doubled for people using solariums regularly up to an age of 35. This is pointed out by the German Cancer Aid. Especially for the brightest skin types they advise to avoid tanning beds completely.



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Experts determine the skin type on the basis of the colour of hair and eyes, but also on the basis of the risk of sun burn after 30 minutes in the sun without protection. People of skin type I and II have blond or red hair and blue or green eyes. In addition, type I often has freckles. Their skin will never get tanned and

they always will get a sun burn after 30 minutes in the sun without sun protection.

The skin of type II will largely get red after 30 minutes in the sun, but a light tan is possible. (Source: *dpa*)

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/solariums-are-particularly-dangerous-for-fair-skin-types-2.html>

*Fill the Vitamine D store with the autumn sun*

A few minutes per day outside will be sufficient to stimulate the body's production of vitamin D. But people who want to prevent a lack of vitamin D should be aware that even in autumn unprotected sunbathing may cause skin cancer. The Federal Institute for Risk Assessment in Germany gives the following advices concerning the duration of stay in the sun which are dependent on the skin type and on the season.



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In autumn, 10 to 20 minutes outside for fair skin types and 15 to 25 minutes for darker skin types are enough to produce adequate vitamin D.

Some parts of the skin, like face and hands, should be uncovered. In this way the skin can absorb vitamin D. Thus, vitamin D is a special case of the vitamins: Neither it does not enter the human body via food nor the food provides sufficient vitamin D. Also, people cannot collect vitamin D in solariums: The UVB rays being necessary to produce vitamin D in the body hardly exist there. (Source: *dpa*)

**See more at:**

<http://www.escf-network.eu/en/welcome/news/newsdetails/article/mit-herbstsonnen-vitamin-d-speicher-auffuellen.html>



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