



Recommendations of the 7th EUROSKIN workshop:

UV and Vitamin D in Skin Cancer Prevention

- *Update and integration of new results* -

24. – 25. November 2015, Milano

Istituto Europeo di Oncologia (IEO)

At the end of the workshop the audience and the invited speakers came together to formulate a couple of recommendations, based on the outcomes of discussions during the workshop;

Recommendations:

1. EUROSKIN supports the 4th edition of the **European Code against Cancer** :
(<http://cancer-code-europe.iarc.fr/>) giving the following recommendation:

“Avoid too much sun, especially for children. Use sun protection. Do not use sunbeds”
2. EUROSKIN likes to specify:
 - a.) Even in case of an assessed vitamin D deficiency don't use sunbeds for a self-treatment to regulate your vitamin D levels. In case of an indication to treat vitamin D deficiencies, this has to be done in a clinical unit under clinical control.
 - b.) A common European legislation to enforce regulation of sunbed use is strongly recommended.
 - c.) When dealing with legislations, regulations and health initiatives in the field of UV-protection of the public, it is strongly recommended that national and international (technical) norming committees have to involve experts in the fields of radiation biology, medicine and epidemiology

d.) In case legislation is not able to achieve a strong decrease in use of sunbeds in the general population (particularly in children) it is strongly recommended to develop (internationally agreed) strategies to ban sunbeds.

3. There is some evidence that vitamin D may have a beneficial influence in melanoma recurrence/survival. However only clinical trials will be able to demonstrate an effect of vitamin D on melanoma outcome.

4. **Skin Cancer Screening:**

EUROSKIN's recommendations concerning skin cancer screening (especially the activities in Germany) given at the 6th workshop in Berlin, 2012, are still valid

(<http://www.euroskin.eu>).

It is recommended urgently to prepare a plan of action how to implement these recommendations.

Especially, an outcome evaluation is strongly recommended and the role of the International Task Force for the German Skin Cancer Screening (initiated by EUROSKIN) has to be defined