

A summer holiday in winter

A lot of us are looking forward to a relatively inexpensive holiday in a sunny climate. Which is all well and good until one **considers** the fact that Central Europeans tend to be **fair-skinned**.

Central and Northern Europeans are generally **prone** to sunburn, and the closer one gets to the Equator, the less **self-protective** the melanin present in the skin is. In Mediterranean areas such as Italy and Spain this self-protection is one half of that at home. In Equatorial countries such as Kenya it is only one third. The skin is also thinner and

more **sensitive** in winter making it more susceptible to **damage**. This damage is not just the obvious sunburn, it also shows up later in the form of **skin aging**. Our skin's reaction to damage is **premature aging** such as **wrinkles**, **liver spots** and **benign** tumours.

Pharmacy customer: Hello, we're going on holidays next week and I'd like to stock-up on things for my travel pharmacy. I need **insect repellent** and a small bottle of **disinfectant**.

PTA: Here you are. Have you thought about sun cream?

Oh, I'm just taking along the sun cream left over from last summer. We are going to Kenya.

I see. But it's essential to use the correct protection for your skin type and the region you go.

Skin type? I have no idea what skin type I am! I burn easily and it takes me ages to get a tan!

That is type II.

Why should I worry so much about which skin type I am and which products to use?

You see the rays of the sun have become quite aggressive over the period of the last thirty years or so. Added to this is increase of Europeans traveling to holiday destinations that would

have been considered exotic twenty years ago. Considering these factors, it is not surprising that the **incidence** of skin-cancer has increased in the last years.

I see. That is bad!

The other most common skin problem for us Europeans is premature skin aging. Repeated **exposure** to the damaging ultra-violet rays of the sun, especially without the proper sun protection factor, causes the **connective tissue** to **break down** and leads to the formation of deep wrinkles, thinner **more translucent** skin, **freckles** and liver spots. And that's only the best case situation!

Really, if that's the best case, what's the worst?

There's **malignant** melanoma followed by **squamous cell carcinoma** to name but two. About two or three years ago, there was a nationwide campaign to make people aware of the dangers of exposure to the sun and quite a few GPs participated in advanced training to help in the **early recognition** of such skin disorders.

Good to know. Can you recommend a good sun cream?

Certainly! This one here has factor 50+. And here's the matching after sun care, **moisturising** after a day in the sun is important.

Thanks.

You're welcome. Goodbye! ■

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VOCABULARY

considers	beachtet
fair-skinned	hellhäutig
prone to	anfällig für
self-protective	selbstschützend
sensitive	sensibel
damage	Schaden, Beschädigung
skin aging	Hautalterung
premature aging	vorzeitige Alterung
wrinkles	Falten, Runzeln
liver spots	Leberflecken
benign	gutartig
threat	Gefahr
insect repellent	Insektenschutzmittel
disinfectant	Desinfektionsmittel
incidence	Vorkommen
exposure	Aussetzung, Bestrahlung
connective tissue	Bindegewebe
break down	abbauen
more translucent	durchscheinender
freckles	Sommersprossen
malignant	bösartig
squamous cell carcinoma	Plattenepithelkarzinom, Stachelzellkrebs
early recognition	Früherkennung
moisturising	feuchtigkeitspendend