

Hello Sunshine!

According to a dermatology report issued in July last year, Northern Europeans face a higher risk of **skin cancer** than their southern neighbours.

Despite high rates of prevention, **detection** and **treatment**, the death rate from skin cancer has more than doubled since 1990. With these chilling facts in mind, it is impossible not to think of sun protection. Skin type plays a major role in the choice of sun protection factor: **fair-skinned** people have a higher **susceptibility** to **damage** than people with more skin pigmentation. Another factor is the part of the world where **exposure** to the sun takes place: the closer one comes to the Equator, the less **self-protection** offered by the skin.

Pharmacy customer: Hi, do you speak English?

PTA: Hello, yes I do. How may I help you?

Well we're going on vacation in a couple of weeks and I need sunscreen and after sun. And as I don't speak German, I have no idea what to buy at the drug-store, so that's why I'm here!

Okay! You seem to me to be quite fair-skinned, although your hair and eyes are dark. Would I be right in **assuming** that you tend to get red quite quickly in the sun?

Oh, yeah! For sure! My mom is Spanish, that's the eyes and hair, but my dad is a cliché Irish redhead, that's the skin! I always try and make sure to wear the right stuff, such as clothing and sun protection. But I don't always get the correct product.

I see. Do you mind me asking where you are going on vacation?

No problem: we are doing a tour of Andalusia at the end of the month. Why?

The sun protection factor, or SPF, not only depends on the skin type, but also on the area that you intend visiting. Andalusia gets really hot and sunny in July and August and, if you are doing a round trip, you will find that there is not a lot of **shade** outside the cities.

Yeah, that is true.

Are you going to **shave** your beard before going on vacation?

No, does that make a difference?

We have this sensitive sun spray with SPF 50. Spray is better than lotion as it is easier to apply and spread over the skin. Especially as you have a beard!

Why SPF 50?

I was recently at the dermatologist to get a little **mole** on my face checked up. It was harmless, but the dermatologist told me that, being fair-skinned, I need to protect myself from the sun with factor 50.

Okay! So, how often should I use it?

About thirty minutes before you go out in the sun, and then about every two hours or so. This sunscreen is **water-resistant**.

Okay! What about after sun?

We have the after sun that goes with the sunscreen here. In fact, they are on offer at the moment as a double pack!

Hey, that's cool! I'll take both! Forgot to ask: How much should I apply?

Most **adults** don't use enough and don't cover the important areas such as the feet, the **forehead**, the nose and the **cheeks**. So, make sure to use about a **shot glass** full each time.

I'll make sure I slather it on!

Just make sure to do it regularly! And apply the after sun after you shower!

I will! Thank you.

Goodbye.

Bye! ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

skin cancer	Hautkrebs
detection	Feststellung
treatment	Behandlung
fair-skinned	hellhäutig
susceptibility	Anfälligkeit
damage	Beschädigung
exposure	Einwirkung
self-protection	Selbstschutz
drugstore	Drogerie
assuming	annehmen
shade	Schatten
shave	abrasieren
mole	(kleines) Muttermal, Leberfleck
water-resistant	wasserfest
adults	Erwachsene
forehead	Stirn
cheeks	Wangen
shot glass	Schnapsglas
slather	dick auftragen

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¹ Nicht-interventionelle Studie (NIS) mit Ranocalcin in 16 Studienzentren, 2016, Erstpublikation eingereicht

Zusammensetzung: 1 Tablette enthält: Wirkstoffe: Acidum silicicum Trit. D2 40 mg, Calcium carbonicum Hahnemanni Trit. D1 75 mg, Calcium fluoratum Trit. D4 10 mg, Calcium phosphoricum Trit. D1 75 mg, Ferrum phosphoricum Trit. D2 10 mg, Zincum metallicum Trit. D10 10 mg. Sonstige Bestandteile: Lactose-Monohydrat, Calciumbehenat (DAB), Kartoffelstärke (Ph. Eur.). Tabletten enthalten Lactose. Bitte Packungsbeilage beachten. Bisher sind keine Nebenwirkungen / Gegenanzeigen bekannt. Die Anwendungsgebiete leiten sich von den homöopathischen Arzneimittelbildern ab. Dazu gehören: Schwächestände des Stütz- und Bindegewebes und der Knochen. Homöopathisches Laboratorium Alexander Pflüger GmbH & Co. KG, Röntgenstraße 4, 33378 Rheda-Wiedenbrück, Telefon 05242/9472-0, Telefax 05242/9472-20, info@pflueger.de, www.pflueger.de

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