

Dutch Cancer Society Recommends Daily Sun Exposure
'Get 15-30 minutes of early afternoon sun'

Veldhoven - The Dutch Cancer Society presents a new and up-to-date advice, which recommends daily exposure of head and hands to UV radiation. This scientifically based advice creates a change in the 'Sun Smart' campaigns of the Dutch Cancer Society.

Change in advice

The new advice is based on findings of the working group 'Signalling Committee Cancer', who verified whether or not the former advice (declared since 1994) was at this time still valid with regards to the latest scientific studies and publications. Already in 1994 it was acknowledged that avoiding the sun completely is both impractical and undesirable. It is important for the skin to remain accustomed to ultraviolet (UV) radiation from the sun. Plus, the production of vitamin D in the skin occurs as a result of exposure to UV radiation. Nevertheless Dutch people were advised - until now - to stay out of the sun between noon and 3 PM, as well to always protect their skin with sunscreens when going outside.

This recommendation has now changed. "Regular exposure to the sun of the head, hands and forearms for 15 to 30 minutes during the early afternoon (between noon and 3 PM) is advisable for people in the Netherlands in order to maintain bone metabolism and possibly also to help prevent various types of cancer", is the current and clear statement of the Dutch Cancer Society.

Vitamin D impairs growth cancer cells

The experts and scientific researchers of the special working group studied the research done on vitamin D and the role of UV exposure, before generating this new advice. An increasing amount of research on the health effects of vitamin D has been conducted over the past twenty years. In addition to its well-known importance to bone metabolism and muscle function, vitamin D has been found to play a role in many other bodily processes. Laboratory experiments have shown that vitamin D can regulate cell proliferation and impair growth of cancer cells.

Even with this important change in the Sun Smart advise, the message to avoid sunburn remains: 'Sunbathing extensively and for long periods is unwise'. Smart moderation of exposure is clearly the new message to share with the public.

Sunlight Research Forum

The Sunlight Research Forum (SRF) is a Non Profit Organisation, based in the Netherlands. The aim is to check, collect and distribute in a clear and accessible way the latest medical and scientific research on the effects of UV radiation on human.

The English Summary of the Dutch Cancer Societyreport can be found at:

www.sunlightresearchforum.eu

Media contact:

Sunlight Research Forum (SRF)

Mr. Ad Brand (who speaks fluently Dutch, English, German)

Tel.: +31 (0)651 358 180

info@sunlightresearchforum.eu