

Greetings from Finland!

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Sampsa Kauppi, President of the Young Dermatologist organization in Finland, here presents the news from their last educational meeting that was held on 18–19 April in central Finland.



Our most recent educational meeting was held on 18–19 April 2008 in central Finland. Ten young dermatologists participated in the event. We enjoyed high-quality lectures, good company and cottage-life at Himos ski centre over the weekend. The meeting had been planned for a long time, and the atmosphere when the young dermatologists met again was very good.

The educational course began with a lecture by Tarja Mälkönen about the use of biologics in psoriasis. It was very useful to be given objective and practical information about different treatments, their side-effects and efficacy, treatment protocols, follow-up laboratory tests, etc. Dr Mälkönen described many cases from Helsinki, an area that has most experience with using biologics in Finland. We also had a lively discussion about the differences in the use of biologics in different areas of Finland and the ethics of prescribing these medicines. For example, should biologics be given to a patient with severe psoriasis and a liver dysfunction (that prohibits the use of methotrexate) caused by alcohol? The conversation continued into the evening, over dinner and at the cabins.

Saturday morning began with an interactive lecture from Kari Saarinen, a very experienced clinical dermatologist from Lahti.



Fig. 1. Psoriasis lecture by Dr Tarja Mälkönen.

The session was mainly about dermatoscopy. He presented useful information on the basic principles of dermatology and valuable tips on dermatoscope photography. Dr Saarinen has an extensive collection of dermatoscopy photographs taken in his practice, and with practical cases we were able to test our own expertise in determining whether lesions were malignant. We also learned about photographing the skin, how to store photographs and how to use Photoshop® to capture the essential features in the photographs.

Following this training, we held our spring meeting, at which we decided to create our own internet site and hold our next meeting in Turku to provide high-quality training on the subject of dermatosurgery.

After the official programme had ended some of the party enjoyed skiing on the slopes, which were in good condition despite the fact that the sun had melted all the snow from the roads and fields near the ski centre.

I wish to thank all of the participants and extend our particular gratitude to Suvi-Päivikki Sinikumpu for helping with this article.



Fig. 2. Dr Kari Saarinen teaching dermatoscopy.