

## NuDe Meeting 24–25 April 2009, Tampere, Finland

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It was a different kind of Friday morning in April when, instead of rushing to the dermatology clinic, I headed to the railway station in Oulu. Like many of my young colleagues from other parts of Finland I bought a ticket to Tampere; I was on my way to the NuDe meeting.

NuDe is an abbreviation of the Finnish words Nuoret Dermatologit (Young Dermatologists). The society was founded by Finnish dermatology residents in 2007, and has more than 50 members. The educational needs of residents differ a good deal from those of more experienced clinicians, and the main goal of NuDe has been to organize practical education and hands-on teaching especially suited to young dermatologists early on in their careers. We have met a few times each year, thanks largely to Sampsa Kauppi, our diligent spokesman. The meetings have often been held alongside larger congresses, but it has been nice to see that people also come to our own congresses, even if they have to travel a long way. I think that this indicates the need for this kind of activity, and is a sign of well-planned congress programmes.

For the April 2009 meeting, the programme was interesting once again. We gathered at the Theatre Palace, a music theatre in the centre of Tampere. Before the show we heard a thorough presentation of the treatment of non-melanotic skin cancers by Dr Leea Ylitalo, from the dermatology clinic of Tampere University Hospital. She summarized this important topic, which we face every day in our clinical practice, very well. After that we enjoyed a new version of the musical “Some



Fig. 1. Some of the members of NuDe.

Like it Hot”, which was perhaps the most well-known of the comedies starring Marilyn Monroe.

The following day we had a chance to extend our knowledge of dermatopathology, a subject that is fundamental to our work, but which is often left in the shadows. The lecturer was Dr Riitta Huotari-Orava, who is both a dermatologist and a pathologist. Her fascinating lecture inspired many of us and kindled our interest in this subject. This was followed by a comprehensive presentation by Dr Rafael Pasternack, on the treatment of psoriasis and its co-morbidities. As we all know, psoriasis is much more than just a skin disease. Last, but not least, was a presentation on the safety profile of the biologics, focussing on adalimumab, by medical manager Tatu Miettinen.

The meeting was over; it had been nice to meet colleagues, have a few laughs and learn new things. As we left the lecture hall we realized that it was the first warm summery day we had had this year in Finland. We still had time to explore sunny Tampere, which, as I learned, is the largest interior city of all the Nordic countries.



Fig. 2. Doctor Riitta Huotari-Orava teaching dermatopathology.



Fig. 3. Näsäinneula Observation Tower, one of the landmarks in Tampere.