

Specialist in Dermato-Venereology in Norway and Denmark

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Carsten Sauer Mikkelsen has visited the Department of Dermatology at the University Hospital in Stavanger, Norway and strongly recommends a visit to the city with its majestic natural surroundings.



I recently had the opportunity to work as a dermatologist in the Department of Dermatology at the University Hospital, Stavanger, Norway, for 6 months (1 May–31 September 2009). Stavanger is a city and municipality in the county of Rogaland. The municipality has a population of approximately 122,000, and 190,000 people live in the Stavanger conurbation, making Stavanger the third largest city in Norway. It is the centre of the Norwegian petroleum industry.

During my stay in Stavanger I learned a lot about clinical and surgical dermatology and was involved in various areas of dermatological research. Dermatology in Stavanger involved work within all standard dermatological treatment modalities, including cutaneous surgery, ultraviolet therapy (UVA and UVB), Bucky therapy, and many different laser procedures. Biological treatment was also frequently used.

Education of residents is given high priority, including daily supervision from senior dermatologists, literature review, presentation of different skin conditions, and participation in international congresses. The senior doctors are all

involved in areas of dermatological research. The frequent meetings with the Dermatopathology Service are also of high educational value.

The guidelines, procedures and daily work were quite similar to work at the departments of dermatology at university hos-



Fig. 1. The name Lysefjord means light fjord, and is said to be derived from the lightly coloured granite rocks along its sides. The fjord was carved by the action of glaciers in the ice ages and was flooded by the sea when the later glaciers retreated. (Information: Wikipedia.)



Fig. 2. End to end, Lysefjord measures 42 km with rocky walls falling nearly vertically over 1000 m into the water. Because of the inhospitable terrain, the fjord is only lightly populated and only has two villages on its length – Forsand and Lysebotn. The few people who live along the fjord are only able to leave their homes by boat, as the hills are too steep for roads. The Pulpit Rock is a famous tourist attraction, 604 m above Lysefjord. (Information: Wikipedia.)

pitals in Denmark. Understanding the Norwegian language was relatively easy after a short period. Unfortunately, being understood took a little longer. However, the language barrier should not be considered a problem for a dermatologist with experiences from other Scandinavian countries.

I will never forget the generous hospitality of all the employees at the Department of Dermatology in Stavanger, including all the social arrangements. I would like to thank Professor Thomas Ternowitz for giving me the opportunity to work at his department.

In my spare time I was able to enjoy the diverse flora and fauna of this beautiful region. The majestic natural phenomenon of Lysefjord (see photographs), the Pulpit Rock, Kjerag, and sheer mountain walls rising more than 1,000 m above sea level, made a lasting impression. The impressive scenery encouraged me to ride my mountain bike for more than 3,500 km in the region.

I hope this short “travel-letter” will encourage other residents and senior doctors to consider a stay abroad in other Scandinavian countries.



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“The Nordic Light in Dermatologic Research”

This symposium, arranged by *Acta Dermato-Venereologica*, is held on Thursday September 8, 2010 (before lunch), in conjunction with the annual ESDR meeting in Helsinki.

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