

patient confidence and failure to comply. In the worst cases, therapeutic timidity may lead to unnecessarily prolonged misery from disease, or to disease progression that could have been stopped. This article is being written to ask dermatologists to be aware of the problem. Naturally, the dictum "nihil nocere" should not be forgotten. Sometimes, for example, starting with a high dose when dealing with drugs like hydroxyurea or dapsone, where the difference between the therapeutic and the toxic dose is small, is not good clinical practice. Nor is it good clinical practice to neglect performing the relevant risk benefit analyses before choosing the drug or combination of drugs.

In the last analysis, appropriate care of patients means using the best available evidence combined with the best clinical judgement. A laser should not be used to scratch an itch, but powerful drugs in adequate dosages must be used when called for to relieve misery and prevent disease progression.

### References

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## Photodynamic Therapy

Photodynamic therapy, PDT, is becoming increasingly more common as the standard therapy for a number of skin diseases, mainly precancerous or cancerous. During the 29th Nordic Congress on Dermatology in Gothenburg recently, a group of Nordic dermatologists with an interest in PDT met to form a "Nordic Working Group on PDT". The idea is to exchange knowledge and experience and to discuss guidelines and clinical research

among dermatologists interested in PDT. We will try to work cooperatively with other groups, especially the European Society for Photodynamic Therapy in Dermatology, the "Euro-PDT". At the founding meeting in Gothenburg I was asked to proceed with organising the group. An executive committee will be established during the autumn, with our first larger meeting to be organized in the winter, hopefully in close cooperation with the Euro-PDT. Since I am aware that many colleagues were not able

to participate at the founding meeting in Gothenburg, I use this opportunity to inform all Nordic Dermatologists. If you are interested and have not yet been contacted, please do not hesitate to contact me.

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