

## Contribution of the Association »Albert Einstein« Through a 5-year Existence

The Association »Albert Einstein« has been established as it is written in its memorandum:

**The Association »Albert Einstein« was established in 2005, the year of Physics and Albert Einstein, with intention to propagate Einstein's contribution to Physics, Theory of Relativity and his humanities.**

Four international congresses and three expert meetings were held and 250 papers were published in 5 numbers of the professional journal *Collegium Antropologicum* with CC indexation during this period.

Main topics were: Age-related Macular Degeneration-AMD and Skin Cancer pointing out their connection with exposure to higher doses of sunlight. The papers of all other clinical scientific disciplines were treated including II Meeting of Experts for the Quality of Life Problems in the Senior Population.

What is the contribution of these congresses and published papers?

The excessive exposure to the sunlight has been proved experimentally on laboratory animals and clinically as one of the basic causes for the Age-related Macular Degeneration in published papers from ophthalmology (B. Vojniković).

It has been proved that the patients with the advanced AMD form develop lesions in the periphery of the visual field with degeneration of axons of retinal ganglion cells and the initial optic nerve atrophy (B. Vojniković: *Coll. Antropol.* 31, 2007, Suppl. 1: 3–5.). It has also been experimentally and clinically proved that degenerative changes in AMD occur in all retinal layers, centrally and peripherally and not only in pigmental layer of the retina as it was supposed to be so far, representing the first evidences in the world literature. The next very important statement is that AMD is manifested even in children in their early life age of 9–10 years after intensified exposure to the sunlight (B. Vojniković: *Coll. Antropol.* 34, 2011, Suppl. 2: 57–59.).

It is especially important to point out the increased UV-A doses having harmful effects when combined with subliminal UV-B doses. The papers of M. Šitum, from dermatology, also point out the significant increase of skin cancer under the effect of UV radiation (M. Šitum: *Coll. Antropol.* 32, 2008, Suppl. 2: 167–170.).

The papers from the domain Quality of Life Problems in the Senior Population led by Ž. Fućkar, Department of Urology, KBC Rijeka call the attention to a better health care among the senior population. It is the life age characterized mostly by eyes and skin changes and greater sunlight exposure.

The papers of N. Gabrić and Dekaris et. al., Eye Clinic »Svjetlost« Zagreb report their enormous contribution to medical treatment and diagnostics of AMD.

The papers of M. Martinis, as an expert for harmful effects of the electromagnetic waves of a certain area and cumulative doses give great contribution to protection and prevention of skin cancer from harmful effects of the sunlight.

Finally, all the congresses and published papers helped many colleagues to realize their scientific progress, what has also been a task of our Association »Albert Einstein« in the spirit of specified realizations of Einstein's humanities.

We are all grateful to one wonderful man, Sir Pavao Rudan, Academician, the President of Croatian Anthropological Society whose kindness and visions enable us to realize our programmes.