

“ Follow the Sun “

It was a great title for a movie, and I hope I don't get in trouble using it as a title for this article, but a very necessary topic for the healthy golfer. Skin cancer has been on the rise now for many years, and golfers are a very “exposed “ group of people. An average round of golf (18 holes) can take four to five hours, and that repeatedly can lead to trouble.

The villain here is ultraviolet light. It has the power to genetically alter the genes in your skin, causing abnormal growths . The chances are predictable, the more you are exposed to it, the greater your chances of skin cancer. What can we do to lessen our chances? First is to cover exposed skin. On warm days though it may be a little uncomfortable. Most people use a sunscreen, and re-apply when perspiration or water washes it off. It never really has been proven that they work, but sunscreens do prevent burning of the skin, and if your skin does not have to heal itself because of a sunburn, then the cells don't have to replicate themselves as often, thus reducing your chances of malfunction. They say that any sunscreen over SP 30 is overkill and is not necessary. Zinc-oxide works the best, and it will almost completely reflect the sun's rays. It will make you look like you saw a ghost, but at least you'll be around to look like that. They say that two hours of natural light per day is good for you, it will help with the production of certain vitamins, and also hormones , which can lead to good health. Please see your doctor regularly, so he can keep you monitored if you are outside often. And of course keep playing golf!