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Sunlight and Your Skin

By STEPHEN E. CHIARELLO, M.D., P.A.
Dermatology & Dermatological Surgery
Diplomate of the American Board of Dermatology

Why Avoid the Sun?
Sunlight permanently damages skin. Ordinary sun exposure during tanning and outdoor sports causes permanent skin changes. These changes build up over the years, so that even moderate repeated sun exposure causes visible skin damage. Most of the wrinkling, roughening, and freckling that appears on the face, hands and arms of white adults comes from sun damage, not age. You can see this if you compare less sun-exposed areas, such as your abdomen or the undersides of your arms, with sun-exposed areas such as your face, neck, or upper surfaces of your arms. The natural coloration of your skin, pigment, protects you from the damaging effects of sunlight. Persons with fair skin, who have little pigment, are more prone to sun damage than dark-skinned individuals.

The Skin-Damaging Effects of Sunlight
The skin-damaging effects of sunlight gradually lead to roughening, freckling, and wrinkling. Many people in their 30s and 40s are unhappy because their wrinkled, roughened, sun-damaged skin makes them appear 10 or 15 years older. Unfortunately, there’s no way to undo these changes. Young people should realize that they’ll ultimately pay a steep price for the temporary glamour of a deep tan.

A more serious effect of sun damage is skin cancer. Sun damage is the chief cause of skin cancer. Here again, fair-skinned individuals are much more susceptible. Skin cancer rarely occurs in blacks. As you might expect, skin cancer tends to occur on sun-exposed areas such as the face, neck, shoulders, and arms. While skin cancers can usually be removed by minor surgery in a doctor’s office, it’s better to prevent them.

Ultraviolet Rays — The Invisible Enemy
Sunlight contains both ordinary, harmless, visible light and shorter, invisible light rays called ultraviolet light. Tanning, burning, and skin damage from sunlight are caused by ultraviolet rays. Since ultraviolet rays produce both tanning and skin damage, it’s impossible to tan “safely” and avoid permanent skin damage. Discussions on sunbathing that describe “safe” tanning refer to the avoidance of sunburn. By proper timing, most persons can get a deep tan without a sunburn. However, no one can get a tan without some skin damage.

Sun-Protective Measures
There are two basic ways of protecting your skin from the damaging effects of ultraviolet rays: (1) blocking out all light with an opaque material such as clothing and (2) using a chemical sunscreen that selectively absorbs ultraviolet rays. Blocking out all light with clothing is most effective. Certain sun protectives depend on the same principle. They coat the skin with a paintlike pigment that mechanically blocks light. They work well, but they’re messy and rather unsightly.

There are also many clear sunscreens that absorb ultraviolet light. These “clean” sunscreens contain either PABA (para-aminobenzoic acid) or a benzophenone compound. Some of the PABA-containing sunscreens are taken up by the skin and will provide some protection in the water, provided they’re applied one or two hours before swimming. An occasional person is allergic to PABA or its derivative. So please try PABA-type sunscreens on a small area of skin before spreading it all over your body. The other chemical class of sun protectives, the benzophenones, rarely cause skin allergy. Benzophenones wash off, however, and therefore do not protect swimmers. Some benzophenones have a bitter taste that can be annoying when applied near the mouth.

There are many sun protectives on the market. If they’re designed and act as “sunlight blockers” and contain a PABA derivative or benzophenone, they’re probably adequate. Water removes most sunscreens. Remember to put on another coat of sunscreen after swimming or bathing. If you’re sweating heavily, use some more sunscreen every hour or two. If you’re in very bright sunlight, it’s wise to protect your skin as much as possible with clothing (long sleeves, gloves, wide-brimmed hats) and use one of the “clean” chemical sunscreens on the parts of your skin exposed to the sun.

Protect your lips from sun damage. The darker the lipstick shades are effective for women. Men — and women who don’t wear lipstick — should use and ultraviolet-absorbing lip pomade. Women can use make-up with a sun protective. The sun protective should be applied first, then the make-up itself — especially if heavily colored — provides some sun protection.

You should aim to minimize sun exposure, not avoid it. Being outdoors is fun and healthful; don’t let fear of sun damage keep you inside during sunny weather. Do use sun protectives when enjoying sports or a walk in the sun.

Specific Sun Protection Instructions
1. Avoid the 10 a.m. to 2:00 p.m. sun whenever possible as 70% of the earth’s harmful radiation reaches us at that time.
2. Wear protective clothing: a broad brimmed hat and long sleeved, tightly woven white cotton shirt.
3. Apply a sunscreen containing both PABA and Benzophenone to dry skin at least one (1) hour before sun exposure for maximum protection. Wipe or wash residual from palms. Let dry before putting on clothes.

Hydration of Skin: (Bath or Shower) Immediately before application, provides an increased “protection reservoir”.

Exposed areas of the skin most likely to suffer sun damage are the face, (especially ears and nose, the scalp if you are bald), the back of the neck, arms, top of the hands and exposed parts of the chest.
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Year-round Sunglasses Use Urged

In preparation for summer, sun worshippers usually update their beach-going equipment, including buying a new pair of sunglasses when necessary.

Experts in the eyewear field advise us that sunglasses should be part of our outdoor life year-round, not just during the bright and sunny summer months.

"The basic reason (to wear sunglasses) is for the protection of the eyes against burn or cataracts and to make you more comfortable (by reducing the amount of light reaching the eye)," said Phillip L. Kaufman, vice president of the Illinois Optometric Association and a practicing optometrist.

The spectrum of light consists of different wave lengths ranging from ultraviolet at one end to infrared at the other, with a visible range in the middle, Kaufman said.

"The two types of light that do damage to your eyes are the ultraviolet and the infrared. What most (non-prescription) sunglasses will filter out is the visible spectrum, but not the infrared and ultraviolet. In order to get both the infrared and ultraviolet, one has to wear optically manufactured lenses with special dyes for tints that block out the harmful rays."

Another problem with buying over-the-counter sunglasses at the local drug or variety store is that many of the lenses are distorted.

"Hold up a pair of real cheap sunglasses, about a foot away and see for yourself," said Kaufman. "If the line of the lens is not perfectly straight from top to bottom and right to left (or the edge distorts, sways, curves or moves), that lens has some distortion in it and can make you uncomfortable. However, the human visual system is so miserably adaptable that patients learn to adapt to them."

Sunglasses have become very fashionable, Kaufman said.

"And they (consumers) are exposing themselves to conditions for fashion's sake and getting away from the protective value of sunglasses, and that is not good." ■

(Reprinted from the Palm Beach Post-Times and The Chicago Sun-Times.)
Water — the lack of it or the abundance of it. This seems to be the main topic of conversation among golf course superintendents on the west coast of Florida. I questioned several members of our association regarding this issue.

Harvey Phillips said they have had 4.5 inches of rain at the Biltmore from August 20, 1981 to September 1, 1981. However, before that Harvey was restricted to watering only between 8 p.m. and 8 a.m. He is trying to regulate this “feast or famine” situation by negotiating for the use of effluent water. It will probably be at least a year though before this plan is realized.

Lee Todd reports an adequate water supply at the Dunedin C.C. The club was put on mandatory watering restrictions for the first time this summer. Lee said they have no plans in the immediate future for using effluent water.

Lakewood C.C. golf course is “pretty wet” at the present time, according to Dick Grill. Dick uses effluent water which takes care of one side of the water issue for him.

Dan Morgan down at Sun City is currently “pretty damp.” Dan’s wells are in good shape and everything held up very well during the recent dry period. Sun City plans to use effluent water on all their courses within four years.

With only about a quarter of their usual rainfall, Don Wilson up in Crystal River reported he is fairly dry. His wells are in excellent shape though and he doesn’t anticipate any real problems in the near future. Don was restricted to night time only watering.

Fred Tucker at Timber Oaks in Pasco County continues to have his own unique problems. Timber Oaks Golf Course is dry and getting little moisture compared with most of the rest of the west coast. The SWFWMD cut them back to 40 per cent of their normal water needs while the county allowed only night time watering. The matter was further complicated when the SWFWMD required flow meters to be placed on the wells and pumps. Timber Oaks uses effluent water, but since the county restricts its use to within 50 feet of residential dwellings, a dual irrigation system is required for the course.

At the Plant City Golf Club we could get only enough water during the early summer to “keep the roots alive.” At the present time we are pretty wet though. During the drought we conserved water which prevented our well from caviting. The availability of a source for effluent water at our location is almost nil and so, at this point, we have no plans to use it.

The superintendents in our area agree that use of effluent water for irrigation will be the only salvation for many courses. It is all too clear — especially in our heavily populated areas — that if the natural supply of potable water is only adequate now, it will be unavailable for any type of recreational uses in the not too distant future.

It might be best for our profession and the golf course industry if we stress to water management districts and local governments that using effluent water to irrigate recreational lands will not only conserve a precious resource we are rapidly depleting, but will also solve some of the problems the various counties are facing disposing of waste water.

Just this past week it was reported in the news that Tampa had to dump raw sewage into the Hillsborough River because of all the rain. A similar situation occurred south of here in the Manatee River.

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Birth Control Pill Help Plants Multiply

Birth control pills for plants? When Bob Kundtz said he wanted some for a horticultural experiment both his doctor and druggist were taken aback.

But Kundtz, known as the “wizard” of Florida’s Cypress Gardens, wanted the pills, not to prevent conception but to get some plants to reproduce.

Soaked in a solution of one birth control pill to one quart of water, the plants soon sprout new offshoots complete with root systems. The offshoots are then separated and repotted as new plants.

“I first heard of it in Australia about three years ago,” says the well-traveled vice president of the famous flower-and-water-ski attraction in Central Florida.

“I couldn’t get a variegated pineapple to put out new growth quick enough. And this friend of mine said, ‘No problem, old chap. Do thus and so.’”

“I thought he was pulling my leg, but I kept it in the back of my mind,” Kundtz says. “It sort of bugged me.

“About a year later. I couldn’t get a pandanus (a member of the lily family) to throw any keiki (a horticulture term for new growth). So I went to the drugstore and asked for some birth control pills.

“There was a lot of whispering in the back of the store, and then I found out I needed a prescription for them. So, I went over to my doctor. He said, ‘Bob, does your wife know?’”

But Kundtz persisted through all the ribbing, got his pills and tried them out.

“It really does work,” he says. “Little plants come out thicker than hairs on a dog’s back.”

Kundtz says a gynecologist friend of his believes it’s the estrogen — a growth hormone — in the pills that causes new plant growth quickly.

So far, he knows the pills work on the lily family, bromeliads and ferns.

Now, Kundtz is trying to find out whether he can get other plants to do the same. He is treating tomatoes and pepper plants in his home garden and intends to try the pills on shrubs.

“It’s really too early to tell, but the peppers seem to be branching,” he says. “I'm going to keep playing around with it and see what else I can do.”

He’s also interested in seeing whether the birth control pill solution would increase root systems in trees and stimulate flowering, which in fruit trees would mean more fruit or berries.

He says a home gardener can probably get results as well as anyone but jokingly warns that the pills aren’t cleared by the Food and Drug Administration for gardening.

“It certainly doesn’t hurt the plant any,” he says.

And knowing how you can help your plants doesn’t help you in getting the pills if you’re a male greenthumber. Most doctors frown on issuing the birth control prescriptions for philodendrons.

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Turtle Creek Hosts Annual Meeting

The First Annual Meeting of the Treasure Coast Chapter Florida Golf Course Superintendents Association was held at the Turtle Creek Club in Tequesta recently.

The days' events included the First Annual Treasure Coast Chapter Golf Tournament, cocktail hour, steak cookout and Annual Business Meeting.

Elected to office for the 1981-82 year were: Lonnie Stubbs, President (Sandpiper Bay Resort - Port St. Lucie); James Callaghan, Vice President-Internal Affairs (Riomar Country Club - Vero Beach); Bill Mangold, Secretary (Crane Creek Golf and Raquet Club - Stuart); Joe Snook, Treasurer (Riverbend Country Club - Tequesta); Craig Baker, Director (Indian River Plantation - Stuart); Jerry Broome, Director (Sailfish Point Yacht and Country Club - Tequesta); and Bob Hurst, Director (Jupiter Island Club - Hobe Sound). The Executive Committee is rounded out with Adam Yurigan, Jr., Immediate Past President (John's Island Club - Vero Beach) and Tom Burrows, Vice President - State Affairs (Turtle Creek Club - Tequesta).

Appetites were hearty for the steak cookout.

Photos courtesy of Treasure Coast Chapter Florida Golf Course Superintendents Association.

The new officers of the Treasure Coast Chapter Florida Golf Course Superintendents Association are from left to right: Adam Yurigan, Jr., James Callaghan, Bob Hurst, Bill Mangold, Craig Baker, Lonnie Stubbs, Joe Snooks, and Tom Burrows.

President-Elect, Lonnie Stubbs, is Golf Course Superintendent of the renowned Sandpiper Bay Resort in Port St. Lucie.