

Skin Cancer Prevention:

It Could Save Your Life

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Summer's bright sunshine brings out more than beautiful lawns and gardens. An increasing number of people are working and playing in the sun. Many of us are familiar with the discomfort of sunburn. But there is a looming cloud more ominous than sunburn, particularly among those of us who burn easily or work outdoors all day in the sun. It is skin cancer.

Each year an estimated 10,000 Wisconsinites are diagnosed with skin cancer. Skin cancers are the most common type of cancer and its rate increases each year. The most common type of cancer is basal cell or squamous cell carcinoma. Although these cancers are easily cured if treated early, they are still responsible for the deaths of several thousand Americans each year.

Of greatest concern is malignant melanoma skin cancer, because it can appear quickly and spread to other parts of the body. Fortunately melanoma is not as common as basal cell or squamous cell carcinomas in Wisconsin. About 300 persons are diagnosed with melanoma each year. However, the rate of melanoma is increasing at a rate of 3% to 4% per year, faster than any other cancer in humans. In Wisconsin, the death rate from melanoma appears to be increasing for men, but not for women.

Excessive exposure to sunlight and fair skin are significant risk factors for all types of skin cancer (dark-skinned individuals should also avoid excessive sunlight exposure). Halting unprotected exposure to sunlight will

decrease your lifetime risk of skin cancer. It is very important for children to avoid severe sunburns because this is linked to melanoma developing during adulthood.

Wearing a hat and a long-sleeve shirt is the best way to keep the sun off your skin. Wide brimmed hats provide the best protection. Baseball caps can provide good protection for the face, but leave the back of the neck exposed. Some baseball caps come with a loose piece of cloth that covers the back of the neck. These caps were found to be practical and easy to use in a study of skin cancer prevention among farmers, conducted by the Marshfield Medical Research Foundation.

Sun screen lotions are very effective at filtering out ultraviolet light — the most damaging part of sunlight — for those parts of the skin that cannot be covered by clothing. Sun screen ratings between 0 and 15 allow a varying degree of tanning. A sun screen lotion with a rating of 15 and above filters out almost all ultraviolet light. Sun screens should be applied liberally to any exposed skin and reapplied if washed off by water or heavy perspiration.

If you spend much time outdoors or are fair-skinned, you should check your skin regularly for the appearance of skin lesions or mole-like growths. Also, you should regularly examine existing lesions and moles for changes in color or size. Consult your physician if you notice either of these or if you have concerns about skin cancer.

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Effective Superintendent—

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7. **Confident and self-assured.** Knows what he/she knows and doesn't know. Won't hesitate to ask for others' advice, suggestions, input and participation.
8. **Knows what work results are required.** Has enough technical knowledge of the work being supervised to make those judgments. Uses knowledge to evaluate rather than for getting involved in the "doing" of the work (unless he or she is a "working manager.")
9. **Empathy for the group's problems.** Demonstrates a caring attitude.
10. **Fair and consistent with everyone.** This is demonstrated through patterns of work assignments. Consistent enforcement of rules, policies and procedures.
11. **Gains the people's trust.** This is demonstrated by the leader's willingness to represent the group to "higher management."
12. **Goes to bat for the group.** Will work for the best and fair interests of the work group. Will not shrink from approaching higher management when necessary.
13. **Maintains a relationship of friendliness while remembering he or she is not "one of the boys."**
14. **Approachable.** Easy to talk to. Wants and seeks input from the work group.