

# Long Term Sun Exposure Increases Risk of Skin Cancer

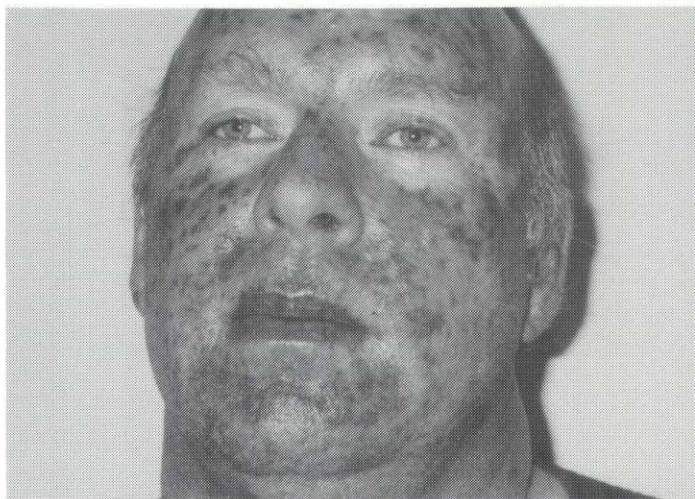
By GREG HUBBARD  
*Manitou Ridge Golf Course*

After 25 years in the golf business, I can appreciate its special charms. A life enjoying the outdoors, breathing fresh air and smelling freshly mown grass are the benefits of this special life. Days spent under the sun either working or playing on the course have become commonplace and necessary to do my job. My Scandinavian heritage of blond hair, fair skin and blue eyes predisposed me towards possible health problems like skin cancer, but these difficulties seemed a long ways away.

I wasn't aware of any problems until a recent visit to my physician. After an extensive physical, he asked about a pearly, waxy growth that appeared next to my right eye. This spot was often troublesome, a sore that never healed. Nothing to worry about, he said. A precautionary visit to a dermatologist would probably be in order for a person with my long term sun exposure.

As the dermatologist looked me over, a look of concern spread from his face to mine. That troublesome spot, along with others on my face and scalp, looked suspiciously like skin cancer and would require treatment. He would use cryosurgery or liquid nitrogen to freeze and kill these problem areas. With any luck, this would resolve my difficulties.

One month later, I returned back to the dermatologist. Many of the areas seemed better. Yet, even I could identify that same problem area next to my eye by this persistent scaly and flaky skin. The symptoms of skin cancer were evident and had not responded to the first treatment. A biopsy of this suspicious lesion would have to be taken and examined. Sur-



Topical cream's effect on pre-cancerous cells.

ely there couldn't be a problem. My apprehension increased as I waited for the results and one week later, they would confirm my fears. The most common form of skin cancer, basal carcinoma, was present and I would have to undergo further treatment to prevent its spread to other parts of my body. Another visit to the dermatologist would have to be made for more treatment.

With another visit, the cancer was successfully excised following a quick, painless procedure in my dermatologist's office. I was initially relieved to have this problem behind me, but was quickly informed that further treatment was necessary, not to remove more cancerous tissue, but to help prevent the spread of these lesions in the future.

Years of sun exposure had taken its toll and other damage was still present and needed to be treated. Scaly, small red spots, hardly noticeable except upon close inspection, were still present. These *actinic keratoses* or precancerous skin cells would need to be treated in order to prevent the occurrence of future skin problems. Upon review, the dermatologist

recommended the use of a topical, fluoride-based cream to be applied twice daily for three weeks. The fluorine in this cream would be quickly absorbed by the faster growing precancerous cells, causing them to explode like broadleaf weeds react to weedkiller. Though my face would be red and sore for this period, the upper epidermal layer and its troublesome spots would be removed and replaced by new skin, hopefully preventing further problems. My face would look bad for a

month, but winter was a good time to experience the effects of this treatment. At least I could hide indoors which I readily did, avoiding company and friends.

These procedures were successful in controlling my skin cancer problems. But like a fungus, control, not eradication, is the operative word. For years of abuse under the sun may take years to cure and I will live with the threat of these problems and perhaps some even worse in the future. Left unchecked, skin cancer can be the source for more serious, life threatening cancers as they move or metastasize throughout the body. If caught early, such as mine, the treatment success rate is over 95%. If ignored, the problem can be deadly.

The purpose of this dialogue is to increase your awareness of skin cancer and its treatment. Our lifestyle and environment seem to be causing an increase in the incidence of skin cancer problems today. I was lucky and had two knowing doctors who quickly identified and treated these problems. If you have light hair, a fair complexion, blue eyes, or long term

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# Hazeltine Member-Grounds Crew Event Raises Funds For Trans Turf Scholars

By **RALPH TURPINEN**  
*Trans-Mississippi Golf Association*

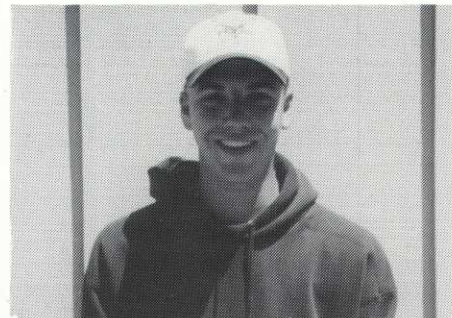
An unusual Memorial Day golf tournament involving members of Hazeltine National Golf Club and 14 grounds crew staff not only proved to be an enjoyable event for all concerned, but it also raised \$575 for the Trans-Mississippi Turf Scholarship Fund/Minnesota Project.

Created by Hazeltine members Tim Andersen and Mark Polich, both frequent participants in Trans-Mississippi competitions, the tournament successfully expanded communication between members and the

maintenance staff. All sorts of maintenance questions were asked and answered.

Grounds crew staffer Mark Semm further celebrated the day as one to remember by scoring a hole-in-one with an 8-iron on the 156-yard 17th.

Fourteen Hazeltine members joined the 14 staffers to compete in the best two out of four balls net event, with the title going to Head Golf Course Superintendent Jim Nicol, staffer Mark Storby and Hazeltine members Al Olson and Kent Molde with a daz-



**Mark Semm**  
*Aces the 17th hole at Hazeltine*

zling 14-under score in very windy weather. Low score was posted by Reed Mackenzie, who has chaired U.S. Open competition on this course, with a 75.

Seventy-five dollar gift certificates, donated by Andersen and Polich, were presented to Nicol and Storby and congratulations went to Olson and Molde at an enjoyable evening buffet.

Entry fee for members to participate in this "Old Tom Morris Keeper of the Greens Memorial Tournament" was a \$25 contribution to the Trans-Mississippi Turf Scholarship Fund/Minnesota Project, which works with the Minnesota Golf Course Superintendents' Association to raise scholarship funds.

**GROUND'S CREW:** Jim Nicol, CGCS, Mark Storby, Rick Hallman, Stan Giesen, Joe Maloney, Blair Hawkins, Chris Halvorson, Dave Nestberg, Jeff Schmidt, Mark Semm, Steve Frisch, Tim Taft, Keith Conway and Jim Hinton.

**MEMBER PLAYERS:** Al Olson, Kent Molde, Tim Andersen, Tim Rainey, Charlie Rooney, Cal Kuhlman, Bill Travis, Reed Mackenzie, Bob Fischer, Jack Meusey, Craig Hoff, Dick Putnam, Bob Leaf and James Meusey.

**ALSO CONTRIBUTING:** Charlie Rapp, John Ponterio, Jim Lieske, Matt Cookson, Tom Davis, Dave Dokmo, Mark Polich, John Brand and John Winberg.



**HAZELTINE WINNERS** from left, were members Kent Molde and Al Olson with Head Superintendent Jim Nicol and staff member Mark Storby.

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exposure to the sun, annual examinations by a dermatologist are prudent and necessary. Seek treatment and it can be easily defeated. In the meantime, sunscreen, wide brim hats, long sleeves and an increased awareness go a long way to preventing possible skin cancer problems.

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