

Re: Distance Running Is Tied to Skin Cancer Risk – Dougie Freese, what's up with that?

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- *From:* NoOption5L@xxxxxxx
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TC wrote:

<http://www.nytimes.com/2006/11/21/health/21baka.html?ref=sports>

The answer is right here.

"Dr. Ambros–Rudolph emphasized that the main problem, for both casual runners and extreme exercisers, is sun exposure."

That's why you wear a loose fitting white t–shirt, use sunscreen, wear sunglasses, and do your running in early morning or in the evening.

Sun exposure may not be the only risk factor that distance runners face. The authors write that although there is no question that regular exercise is important to good health, there is good evidence that high–intensity training and excessive exercise can lead to suppressed immune function.

Yes, there's no question a long run/race drains you. You do feel it for the next 24 hours or so. But afterwards you relax, eat lots of fruits veggies, whole grains and some good lean protein and you bounce right back. A couple few days later you're chomping at the bit and ready to rip it up again, and do it just a little better. It's a desire any athlete can relate to.

Patrick

"This is quite well established," Dr. Ambros–Rudolph said. "Many alterations in immune cell function have been noted at the cellular level in marathon runners.

"For example, there is the association between excessive exercise and immunosuppression reflected in the increased incidence and severity of

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upper respiratory tract infections in marathon runners after races."

The exact mechanism is unknown, but there is evidence that trauma sustained during extreme exercise can induce the release of cytokines, proteins that can stimulate the growth and activity of various immune cells and that may limit the ability of the immune system to fight potential cancers.

Clinical examination by dermatologists showed that none of the participants had lesions that suggested malignant melanoma. But 24 of the marathon group and 14 of the control group were referred for surgical treatment of lesions that appeared to be basal or squamous cell carcinomas or the precancerous lesions called actinic keratoses. Follow-up reports on these patients were not available because of the limits in Austrian laws on personal privacy.

About a third of the marathoners ran up to 25 miles a week, and nearly half ran 25 to 45 miles. Almost 15 percent ran more than 45 miles a week. Those who trained the most intensively had the highest rates of skin lesions.

Almost all the runners dressed in clothing that exposed the legs, arms, shoulders and upper back, and only about half used sunscreen regularly.

Physical exercise on sunny days can be more harmful to the skin than other kinds of sun exposure, the authors suggest, because sweating may significantly increase the sensitivity of the skin to ultraviolet radiation, making sunburn more likely. Moisture on the skin reduces the UV light to shorter wavelengths that are more easily absorbed and decreases their reflection and dispersion.

Dr. Ambros-Rudolph emphasized that the main problem, for both casual runners and extreme exercisers, is sun exposure.

"We hear a lot about sun exposure and skin cancer," she said.

"But we forget about it when participating in outdoor sports.

Sunscreen alone is not the ultimate answer. It's also important to wear reasonable gear that covers the shoulders and upper back, and to avoid training in peak sun hours."

Is it the sun or are long distance runners generally not as well nourished as they would think? Is running apt to deplete your vitamin stores?

TC