

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

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- *From:* "TC" <[tunderbar@xxxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxxx)>
  - *Date:* 26 Nov 2006 10:51:50 –0800
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Doug Freese wrote:

<NoOption5L@xxxxxxx> wrote in message  
[news:1164161755.313960.284350@xx](mailto:news:1164161755.313960.284350@xx)

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."

Well here are a couple of questions about that.

If sun exposure is the main problem, then ought we not to see significantly more occurrences of skin cancers in the equatorial latitudes throughout recorded history. And conversely, ought we not to see significantly less skin cancers among those living in northern latitudes throughout recorded history? Or even in the 20th or 19th centuries, when we were a tad more medically advanced and aware?

But it appears that skin cancers and cancers in general have really only become common in the latter half of the 21st century. Did something change in the sun that it now is causing skin cancers while just a couple of generations ago, skin cancers were rare. Like lung cancer was extremely rare up to the time of WW1.

And if sun exposure is the main factor, and thus sunblockers ought to resolve at least some of the skin cancers, how do we reconcile that with the fact that in Australia, as the use of sun blockers went up, so

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did skin cancers? If sun is the problem then why do sunblockers appear to be useless to protect from the sun? Is it the sunblocker product that is flawed in its design or manufacture or application or is it the "sun exposure = cancer" concept that is flawed?

Methinks that sun exposure is only a small part, if a part at all, of the causation of skin cancers.

TC

Exactly.

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.

I opted for trail running and I have even more protection from the leaves on the trees.

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.

Agree again, ones immune is suppressed. The longer and or faster you race the more adverse effects.

Is it the sun or are long distance runners generally not as well nourished as they would think?

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Yes and no. If your talking about ultra distances then many of us have problems eating throughout the race. While the race people try to provide a variety, the variety can be just so big. Think about it, even if they served you your most favorite meal at every aid station, how many of those meals before you grow very tired and your stomach rebels.

The typical fare is PB&J, cheese sandwiches, and big old disk or bowl of boiled potatoes with a dish of salt nextv to it. By the way, the Sandwiches are usually on good old white porocessed wonder bread. There is also things like fig newtons, M&M's, chips, etc. The food is primarily carbs with some fats and protein. Ya know, the same stuff and proprotions we eat every day and we ain't fat.

The classic after race meal is chilli with Vegetarian, i.e. all beans, the preferred dish. beans or barely soups are to die for. The body craves carbs and they go immediately to help you recover. If someone was to suggest low-carb they would laugh their ass off.

Is running apt to deplete your vitamin stores?

ALmos zip and why those people that load up on vitamins stuffed drinks is useless. Take your multi before the race.