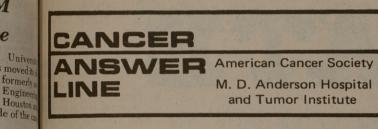
THE BATTALION Page 9



# High rate of skin cancer avoidable, specialist says

fair-complexioned

ticularly high risk.

tect yourself?

who has little protective mel-

anin and prolonged sunlight,

"While most of the pa-

tients we see cannot really

alter their lifestyles," says Dr.

Gard, "they can be aware of

the high risk light-complex-

ioned persons have. If they

have previously had skin can-

cer or if they are at a high

risk, they should periodically

have a physician or skin spe-

cialist check for changes in

can cover the skin when out-

doors by wearing wide-brim-

med hats, longsleeve shirts

and using a good sunscreen

agent, which a pharmacist can

skin thickening in a small area (usually on the face, neck or

hands), see your doctor, urges

Dr. Gard. In many cases this

scaliness may be a noncan-

cerous condition known as

actinic keratosis which, while

easily treated, can become

of skin cancer include pale,

waxy, pearly nodules which

may eventually ulcerate and

crust, or red scaly, sharply

outlined patches, he notes.

toms can be dangerous. Left untreated it may become ag-

gressive, warns Dr. Gard, pen-

etrating below the skin to

bone and eventually other

parts of the body where treat-

ment becomes more difficult

and the outlook for cure de-

**NEXT: Treating Skin Cancer** 

Do you have further ques-

tions? Call your local unit

of the American Cancer

Society or write: Cancer

Information Service, The

University of Texas M. D.

creases.

Ignoring skin cancer symp-

Other characteristic signs

cancerous if ignored.

If an abnormal skin condition appears, such as a scaly

Also, he adds, everyone

the skin's condition."

recommend.

farmer

Whether you work outdoors for a living or simply enjoy weekends in the sun, S Set by taking simple precautions and using good judgment you Cate can often prevent needless occurrences of skin cancer, says a Texas cancer specialist. According to Dr. Don A. Gard, a surgeon at M. D. Anderson Hospital in Houston, while scientists may not know all causes of skin cancer, ultraviolet (UV) rays from the sun remain the best Presently, superficial skin

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cancer, the type attributed to overexposure to the sun, is the most common form of cancer in the United States. Between 300,000 and 600.000 cases occur annually, according to American Cancer Society estimates. Studies also show that the incidence of skin cancer is significantly higher in the South where exposure to the sun is greatest. Although skin cancer may be the most common form of cancer, it is also the most effectively treated with a cure

rate of about 95 percent. Most experts agree that those figures could approach almost 100 percent if patients would seek proper medical attention earlier.

"It's not a single exposure to the sun but repeated damage to the skin by UV rays that seems to cause most skin cancer," says Dr. Gard. "While most of the patients we see have been exposed to the sun over many years, there are exceptions where people with limited sun exposure develop skin cancer thus implicating heredity as another possible cause."

It is known that people with fair complexions are more susceptible to skin cancer because their skin lacks sufficient quantities of melanin, the pigment substances which filter out the sun's harmful rays.

When skin is exposed to the sun, ultraviolet rays stimulate these pigment cells to increase their production of melanin creating the darkening known as "tan". Thus, a

## Grad student wins five-mile run

John Crompton headed the pack from start to finish in the Brazos Valley Joggers Club's five-mile open

The 31-year-old Texas A&M graduate student toured the Kyle Field-West Bypass course in 29:44 despite the warm humid weekend

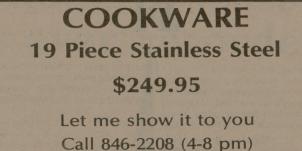
David Barrow, 31, and Rusty Rush, 38, dueled for runner-up honors, with Barrow crossing the finish line in 33:29, nipping Rush by ix seconds

Other participants and their times: Bradley Kohls, 33:51; Don Kirby, 34:16; David Allen, 34:59; Ron Wallace, 35:32; Howard Shert-zer, 36:33; Tish Husak, 36:34; Bill

Tummins, 39:53, Ed Reyna, 40:10; Michael Terry, 43:47; Jerry Heberstreit, 44:23; and Jennifer

Rush and Lyn Reyna, 47:44. Warren Brown, 12, posted the fastest time in the club's traditional one-mile "fun run," with a 6:23. David Reyna was timed at 6:45 and Mary Ann Wallace, 9:21. The BVJC's next outing will be at

5 p.m. Saturday, June 19, for a six-mile handicap run over its Brazos River course



## Course cuts car insurance

AUSTIN — Texas motorists interested in lowering their automobile insurance premiums have an easy solution to this budget problem.

exposure would be at a par-They can complete an eight-hour classroom course in defensive driv-ing and earn a 10 percent discount What can you do to proon their insurance premiums.

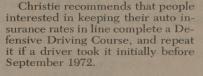
> Since September of 1972 the State Board of Insurance has granted a 10 percent reduction in car insurance rates for three years following completion of the course. Joe Christie, Chairman of the Insurance Board, said the Board granted reduction because national figures show the course cuts down on accidents.

Christie says Insurance Board fig-ures show that the average Texas driver saves between \$17 and \$32 annually for each of the three years after completing the Defensive Driving Course. Last year more than 100,000 Texas motorists completed the Defensive Driving Course of the National Safety Council in a program coordinated by the Texas Safety Association.

At the same time, insurance companies nationwide lost \$300

million, with the biggest losses in automobile insurance lines. The 1975 experience is leading automobile insurance firms to seek relief from these losses, and Texas insurance companies have served notice they will request a new hike in automobile insurance rates when the Insurance Board meets in July.

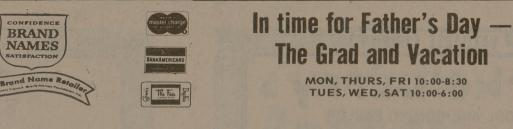
This means that auto insurance may be harder to get in the future, especially for those with poor traffic records, and cost more for everyone



The Defensive Driving Course concentrates on driver motivation, positive driving habits, and anticipating the incorrect actions of others and adverse operating condi-tions, including weather, mechani-cal or personal impairment.

To sign up for a Defensive Driving Course, contact the Texas Safety Association, Box 9345, Austin, 78766, or phone 512/451-7421.





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