

Short But Sweet | Man on the Bag | The Lifesaver

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Getting and Staying Fit

The Fitness Issue



Sun Protection on the Golf Course: Easy as 1, 2, 3...

BY LAUREN GEBAUER

As a practicing Dermatologist and Mohs (Skin Cancer) Surgeon, I receive many skin related questions from my playing partners on the golf course. The most frequent topic of conversation, however, always seems to focus on sun protection. Here are my recommendations to keep your skin safe while enjoying your time on the links:



amount of cream, as it should take a few seconds to rub in completely. And don't forget to reapply! Golfers need to reapply every two hours to maintain optimal sun protection. Try a spray or stick method of sunscreen delivery if you are worried about a greasy grip.

If you have any other questions or concerns regarding your skin health don't be afraid to consult a local board-certified dermatologist. I recommend my golf-loving patients get a baseline full body skin exam given our higher risk for skin cancer and other sun related skin damage.

As I always tell my patients, enjoy your time in the sun –responsibly! 🌻

Lauren Gebauer (MD) isn't just a Doctor of Medicine and Fellow of the American Academy of Dermatology, she's also a surgeon on the golf course. In 2022–23, Lauren was the NCGA's Women's Player of the Year.

1. Choose your tee time wisely: If possible, try to play early in the morning or later in the afternoon. This will avoid peak ultraviolet (UV) exposure during the hours of 10 a.m.–2 p.m. UV rays are the No. 1 cause of skin cancer and accelerated photoaging.

2. Dress for Success: Wear golf clothing made with UV protective material (UPF). UPF clothing labels will often feature the level of sun protection provided, for example: SPF 50+. Long sleeve shirts or lightweight arm sleeves, pants and wide-brim hats can dramatically decrease your risk of sun damage.

3. Apply and Reapply!: Skin that is not covered by UPF clothing needs the help of sunscreen. To make things simpler, I recommend using a broad spectrum (UVA and UVB) sunscreen with a sun protective factor (SPF) of at least 30. Ideally, look for a physical sunscreen with a main ingredient of either zinc or titanium. These are safe to use for children and those with sensitive skin types. Be sure to use a generous

