

Too Much Sun and Musky Fishing

By: Phil Gutmann

Musky fishing..... an outdoor sport that has been growing by leaps and bounds over the last two decades. As more and more people get involved, it seems we spend so much time and money on the newest and best boats, motors, rods, reels, lures and our favorite trip destinations for the upcoming season, we tend to forget to take care of ourselves. I admit, as most all of you can, we do not spend enough time nor money on exercising, eating healthier and visiting our favorite physician other than when we are sick.

Due to some past family medical history, I do visit my physician on an annual or at least every other year basis for a complete physical with lab work. However, during the month of March/April 2005, my outlook on life and my health was thrown a big curveball which I was not ready for. During a recent complete health physical, my doctor took notice of an area on my back right shoulder that did not look like a normal mole. He performed a quick procedure and sent the mole sample in for a diagnosis. The lab results were not what I wanted to hear. I had a Type II Melanoma Skin Cancer. Though this type and stage of cancer is curable, the word "cancer" is a medical and dictionary word that most all individuals have a hard time grasping and dealing with. I recently had the necessary surgical procedure to remove any possible infected area left by the skin cancer and was relieved to find out that it had not spread.

I am writing this article not to scare all of you but yet to try and share some basic information concerning this disease which can affect each and every one of us no matter how young or how old we are.

What is Melanoma Skin Cancer?

The skin we have is the largest organ in the body. It covers and protects our internal organs. It also protects our body against germs and prevents the loss of too much water and other fluids. Our skin also sends messages to the brain about heat, cold, touch and pain. The skin itself is made up of three layers (outside in): the epidermis, the dermis and the subcutis. Most the skin problems we encounter and see affect the epidermis layer. Yes, all those freckles, moles and peeling skin from those bad sunburns are part of this

