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Debunking Medical Myths: Tanning Beds

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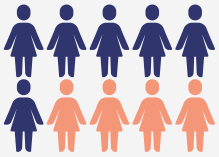
HOW SAFE ARE

TANNING BEDS?

THE REALITY THAT TANNING COMPANIES DON'T WANT YOU TO KNOW

59%

of tanning bed users have some resulting injury. This includes injuries such as burns, lesions and even skin cancer.



CANCER IS A SERIOUS RISK

A tan is the result of injured or damaged skin. This injury results in an increased risk to develop several different types of skin cancer. With just **one** indoor tanning session you can increase your risk of developing melanoma by 20%, squamous cell carcinoma by 67% and basal cell carcinoma by 29%.

Is a 'base tan' protective?

Not quite. Tanning under the sun confers only minimal photo-protection, equivalent to a sunscreen with sun protection factor 3. The tan induced by a sunbed provides **even less** protection than a natural suntan. Exposure to UV rays causes skin damage and increased risk of cancer for all individuals regardless of skin tone.

Why does injury happen?

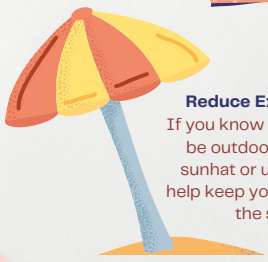
Indoor tanning involves the same harmful ultraviolet (UV) rays that outdoor tanning does. Tanning beds use two types of UV rays: UVA rays, which are responsible for skin aging, and UVB rays, which cause sunburns. Both types are related to DNA damage, immune system damage, and can cause cancer.

How can you protect your skin?

Keep these tips in mind the next time you are out in the sun.

SUNSCREEN

Wear sunscreen rated at SPF 30 or higher for maximal protection from UV rays. Reapply as directed on the bottle, and opt for a waterproof sunscreen if you plan to be sweating or getting in the water.



Reduce Exposure

If you know that you will be outdoors, bring a sunhat or umbrella to help keep yourself out of the sun.

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