

The Facts About Tanning



AAHealth.org/skin-cancer

- ☆ Tanned skin is a sign of damage to the skin and the skin's DNA. Skin cancer is caused by cumulative damage to DNA after long-term, repeated exposure to UV radiation. Studies show that exposure to artificial tanning devices induces the same damage.
- ☆ Most artificial tanning devices within a 15-30 minute session can give off as much radiation as being out at the beach all day! UV intensity of some high pressure tanning devices can be as much as 10-15 times that of the midday sun.
- ☆ Like the sun, tanning devices can damage the skin and eyes. UV rays cause premature skin wrinkling and can contribute to the development of cataracts.
- ☆ Per the Maryland Department of Health: It is unlawful for a tanning facility owner, employee or operator to allow a minor under the age of 18 to use any tanning device.
- ☆ People who first used tanning beds before the age of 35 increase their risk of melanoma by 75%.
- ☆ Women who used tanning salons at least once a month when they were 20-29 years old have 2.5 times the risk of developing melanoma later in life compared to women who never used tanning salons.
- ☆ People who regularly use artificial tanning devices are more likely to engage in outdoor sunbathing activities. It is important to avoid tanning regardless of the source. When outside, be sure to use sunscreen and sunglasses and seek shade when possible.