

There are more tanning beds in Florida than the “most popular fast food” restaurant!

Who tans indoors?

- On an average day in the United States, more than 1 million people tan in tanning salons.
- Nearly 70 percent of tanning salon patrons are Caucasian girls and women, primarily aged 16 to 29 years.
- One in every three high school students has used a tanning bed!

The indoor tanning industry’s revenue is estimated to be \$4 billion.

Risks of indoor tanning

- The United States Department of Health and Human Services and the World Health Organization's (WHO) International Agency of Research on Cancer panel has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sun lamps, as a known carcinogens (cancer-causing substances).
- Indoor tanning equipment, which includes all artificial light sources, including beds, lamps, bulbs, booths, etc., emits UVA and UVB radiation. The amount of the radiation produced during indoor tanning is similar to the sun, and in some cases, might be stronger.
- Studies have found a 59 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning.
- Evidence from several studies has shown that exposure to UV radiation from indoor tanning devices is associated with an increased risk of melanoma and non-melanoma skin cancer, such as squamous cell carcinoma and basal cell carcinoma.
- Studies have demonstrated that exposure to UV radiation during indoor tanning damages the DNA in the skin cells. Excessive exposure to UV radiation during indoor tanning can lead to premature skin aging, immune suppression, and eye damage, including cataracts and ocular melanoma.
- In addition to the above mentioned risks, frequent, intentional exposure to UV light may lead to an addiction to tanning.
- Indoor tanning beds/lamps should be avoided and should not be used to obtain vitamin D because UV radiation from indoor tanning is a risk factor for skin cancer. Vitamin D can be obtained by a eating a healthy diet and by taking oral supplements.
- In a recent survey of adolescent tanning bed users, it was found that about 58 percent had burns due to frequent exposure to indoor tanning beds/lamps.

10 minutes in a tanning bed is equal to four hours on the beach!

Legislation

Only eleven states have banned indoor tanning in people under age 18. Many other states restrict tanning in minors or require parental permission, and thankfully, the numbers are increasing yearly. Others are considering banning the practice for teens, according to the National Conference of State Legislatures.

