



Indoor *Tanning*

On an average day in the United States, more than 1 million people tan in tanning salons.

Tanning beds are dangerous because they emit high amounts of UV rays in a short amount of time.

UV rays have been declared carcinogenic meaning they cause cancer.

So, every time you use a tanning bed you are being exposed to a cancer causing substance.

Each year more than 419,000 cases of skin cancer are linked to indoor tanning.

Risks

- ✓ Studies have found a 59 percent increase in the risk of melanoma.
- ✓ Even one indoor tanning session can increase users' risk of developing squamous cell carcinoma by 67 percent and basal cell carcinoma by 29 percent. The risk increases with each tanning session.
- ✓ Indoor tanning before age 24 increases one's risk of developing basal cell carcinoma by age 50.
- ✓ Burns and loss of consciousness may even occur.

- ✓ Indoor tanning can lead to premature skin aging, immune suppression, and eye damage.
- ✓ Tanning addiction is also possible. Having tanned skin is widely thought of as beautiful, and many believe they have to tan to be considered pretty. Some may tan every day or multiple times a day.

NOTE:

- ✓ If you live in West Virginia and are under the age of 18, you have to have a parent or guardian's written permission along with their photographic identification to be allowed to tan.
- ✓ Those of age 14 and younger are not permitted to tan at all.
- ✓ Parents: you can help your child by teaching them the dangers of tanning and not allowing them to tan.
- ✓ Remember, there are just as many people who think natural skin is beautiful as there are people who like tanned skin.