

INDOOR TANNING FACTS

Eagle View Community Health System

- The deadliest form of skin cancer, melanoma, is now the second most common cancer in women aged 20-29.
- A Swedish study found that women aged 18-30 years old who tanned indoors at least 10 times were 7 times more likely to develop melanoma than women who do not tan indoors.
- Tanning indoors provides you with an SPF of 3 in natural sunlight. Say goodbye to the days of tanning before vacation in hopes of avoiding the sunscreen bottle while on the beach!
- UV levels can be up to 15 times greater in indoor tanning devices than what you would be exposed to outdoors.
- Indoor tanning devices emit 5 times more UVA rays than outdoor tanning. UVA rays can penetrate the dermis causing damage to blood vessels and nerves. Additionally, UVA rays are directly linked to premature aging, leathering, and wrinkling of the skin.

Myths and Facts

Myth #1: “Controlled” tanning helps build up the protective pigment melanin.

Fact: Sunburns are strongly linked to melanoma, and sun exposure does result in the production of melanin, but tanning your skin also causes genetic damage to the DNA of skin cells as does sunburn. Damaging the DNA of skin cells can lead to unrepaired damage resulting in mutations that increase the risk of skin cancer. In sum, whether you are tanning your skin or burning your skin, the DNA of skin cells is damaged resulting in an increased risk of skin cancer.

Myth #2: UV exposure helps the skin produce Vitamin D, which can help prevent certain types of cancer.

Fact: Vitamin D can help prevent the development of breast, prostate, and colon cancer. However, most dairy products and fish, such as salmon, provide us with the adequate amounts of Vitamin D our body needs.

Information taken from: <http://www.skincancer.org>