



INDOOR TANNING IS NOT SAFE!

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. Overexposure to ultraviolet (UV) radiation in sunlight *and* indoor tanning devices can result in serious health effects, including skin cancer. Many people have been led to believe that indoor tanning is safe. The truth is . . . it's not!

Many older tanning devices used light sources that emitted shortwave ultraviolet rays (UVB) that caused burning. As a result, new tanning devices were introduced that emit mostly longwave ultraviolet rays (UVA). UVA rays reduce the risk for burns, but they penetrate more deeply than UVB and weaken the skin's inner connective tissue. Despite overwhelming evidence on the connection between indoor tanning and the risk for skin cancer, over 25,000 tanning salons around the country are *servicing* an estimated 28 million Americans each year.

Indoor Tanning Facts

- There are just as many risks associated with indoor tanning as outdoor.
- Tanning beds, booths, and sunlamps release high levels of dangerous UV radiation, which can increase risk for skin cancer.
- Indoor tanning does not protect you from sunburn.
- Indoor tanning contributes to saggy, wrinkled skin later in life and can damage your eyes and immune system.
- In Michigan, tanning salons and tanning equipment (beds, booths, and sunlamps) are not registered or inspected by the state, and operators of tanning salons are not licensed.

By following a number of simple steps, you can keep your skin looking young and healthy and significantly reduce your risk for skin cancer. The American Cancer Society says to avoid indoor tanning devices that emit UV radiation and to **Slip** on a shirt, **Slop** on sunscreen with a sun protection factor (SPF) of 15 or higher, and **Slap** on a hat when outdoors. You can also wrap on sunglasses for added protection.

Protect the skin you're in!

Sources: American Cancer Society, Centers for Disease Control and Prevention, Environmental Protection Agency
Funding provided by Centers for Disease Control and Prevention.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support. **Hope.Progress.Answers.**® / 1.800.ACS.2345 / www.cancer.org