PROTECT TEENS FROM THE DANGERS OF INDOOR TANNING –

SUPPORT LEGISLATION TO PROHIBIT THE USE OF TANNING DEVICES BY MINORS

Help Educate Your State's Residents and Protect the Health of its Youth

- Throughout US history, state and federal legislatures have consistently used legislation to educate the public and protect our youth from various health hazards.
- The American Academy of Dermatology Association and the American Academy of Pediatrics, along with the World Health Organization, support policies to prohibit the use of tanning devices by minors under the age of 18.
- Two to three million annual users of indoor tanning facilities are adolescents; nearly 25 percent are 13-19 years old.[i]

Indoor Tanning Devices Present a Significant Health Hazard

- Use of tanning devices early in life is linked to increased risk of melanoma later in life.[ii]
- UV radiation from tanning devices is classified as "carcinogenic to humans."[iii]
- Tanning devices have UV radiation levels that *far exceed* what is found in natural sunlight and have a different ratio of UVA to UVB.[iv]

Indoor Tanning Causes Melanoma and Non-Melanoma Skin Cancers

- A person who has used tanning devices for more than 50 hours, 100 sessions, or 10 or more years is 2.5 to 3 times more likely to develop melanoma than a person who has never tanned indoors.[v]
- 76 percent of melanomas were attributable to ever-use (even one session) of a tanning device.[vi]
- Indoor tanners are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma than non-tanners.[vii]

The Increase of Skin Cancer Comes at a Very High Cost

- According to the National Cancer Institute, the estimated total direct cost associated with the treatment of melanoma in 2010 was $2.36 billion.[viii]

There is No Such Thing As a "Safe" Tan

- A tan is evidence of skin damage; hence, there is no "safe tan."[ix]
- Proponents of indoor tanning argue it is a good source of vitamin D. This is a false and misleading claim. Vitamin D is produced in the body through exposure to UVB rays. To minimize burning, modern indoor tanning devices emit predominantly UVA rays, which do not produce vitamin D.[x]
- Tanning is addictive. Research has shown that 41 percent of frequent tanners met criteria consistent with a tanning addictive disorder and an additional 33 percent met criteria for problematic tanning behavior.[xi]

DESPITE ALL OF THESE SCIENTIFIC FACTS,
THE PUBLIC REMAINS MOSTLY UNAWARE OF THE DANGERS OF TANNING

Sources:

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