

FACTS ABOUT INDOOR TANNING



Despite its popularity, indoor tanning can be harmful to your health. Here are some surprising facts about indoor tanning.

By Nevada Cancer Coalition

1 WHO INDOOR TANS?

Young adults are most likely to use indoor tanning. According to the American Academy of Dermatology Association (AAD), 59% of college students, 17% of teens, and 35% of adults have reported using indoor tanning beds in their lifetime.



2 WHEN DO THEY START?

Studies on indoor tanning have shown that most indoor tanners start at a young age. Over half of indoor tanners reported starting before the age of 21. Of those, 32.7% of indoor tanners started before the age of 18.



3 IS IT SAFER THAN THE SUN?

To put it simply, no - indoor tanning beds are not safer than the sun. There is no such thing as safe tanning, regardless of the method. In fact, a single indoor tanning session can increase the risk of developing cancer by up to 67%.



4 WHAT ARE THE HEALTH RISKS?

Tanning beds can cause serious injuries. Not only does it increase the risk of developing skin cancer, but it can also cause burns, loss of consciousness, and eye injuries. With approximately 20% of young adult women showing signs of addiction, becoming addicted to tanning is a serious risk.



5 WHY ARE THEY STILL USED?

An AAD survey showed nearly 1 in 4 young adults are unsure or unaware that indoor tanning is not safer than the sun. Additionally, a government study on Energy and Commerce discovered that 90% of tanning salon staff said indoor tanning is not a health risk for fair-skinned teenage girls.



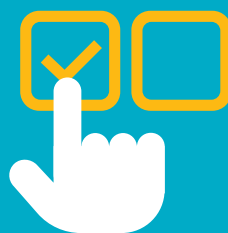
6 WHAT IS THE COST?

The annual estimated cost for treating indoor tanning-related skin cancers is \$343.1 million in the U.S. alone. The cost of lives affected is also staggering, with more than 419,000 cases of skin cancer being linked to tanning bed use. Around 6,200 of those are melanoma, the deadliest form of skin cancer.



7 SAFE ALTERNATIVES?

The use of self-tanners are a safe alternative to indoor tanning. Along with not contributing to skin cancer, aging skin, or making stretch marks more noticeable, when applied correctly self-tanners can give the desired look of a natural tan.



8 HOW TO REDUCE THE RISKS?

The best way to reduce the risks of indoor tanning is to never start. Women especially are 6x more likely to reduce the risk of melanoma by avoiding or quitting indoor tanning before the age of 30. Increasing the use of sun safe practices can help reduce UV ray exposure risks outside of the tanning salon as well.



For more information on the risks of indoor tanning and skin cancer prevention tips, visit: sunsmartnevada.org