

A single 15-30 min session in a tanning booth exposes the skin to as much UV radiation as a day at the beach.

The **Myths** About Tanning Booths:

- "Unlike the sun, indoor tanning will not cause skin cancer or skin aging"
- "Your skin won't burn, dry out or have sun damage if you tan inside"
- "You will look and feel healthier if you tan inside"
- "Tanning inside has no harmful side effects"
- "Pre-tanning before vacation will prevent burning"

"A suntan is the skin's response to an injury and every time you tan you accumulate damage to the skin, as well as accelerating the aging process and increasing your risk for skin cancer."

-Dr. Elizabeth Whitmore

The Journal of American Academy of Dermatology

Solar UV radiation and exposure to sunlamps and sunbeds were recently listed as a "known human carcinogen" in the National Toxicology Program's 9th report on Carcinogens 2000, U.S Department of Health and Human Services, Public Health Service.

...Let's shed a little light on the subject.

Your skin

Your skin is the largest organ of your body. Your skin contains p53, which is a protein that allows the skin cells to slow down their reproduction process so that damage cause by UV radiation (UVA and UVB rays) can be repaired. Increased levels of p53 found in the skin signifying that the skin is attempting to repair damaged cells (CPD).

Recent studies have shown that levels of p53 show an increase within 24 hours of UV exposure. Which means that 24 hours after tanning your skin has just begun the repair process. If you continually bombard your skin (as often as every other day) with UV rays from the sun or tanning booths, then you are not allowing the skin enough time to repair itself. Which can result in thinning of the skin and increased risk of skin cancer.

The sun

The light emitted by indoor tanning bulbs is made up of 95% UVA rays and 5% UVB rays

- UVA rays penetrate deep into the skin
- UVB rays affects the epidermis, the top layer of skin

UV radiation causes CPD (cyclobutane pyrimidine dimmer), the most common type of DNA damage in skin cells.

If left un-repaired, CPD causes the skin mutations found in skin cancer.

UVA rays penetrate the skin more deeply than sunlight.

The **Truth** About Tanning Booths:

UV rays from tanning bed/booths can lead to the same molecular alterations believed to develop skin cancer. Artificial light is more intense and potentially more damaging than sunlight.

Increased risk of:

- wrinkles, hard, leathery skin
- burning of the cornea forming cataracts (leads to blindness)
- immune system disorders
- redness, itchiness, dry skin
- melanoma (cancer)

Tanning before vacation exposes the skin to UVA rays which compound the toxic effects of sun exposure by thinning the skin

Even though you may feel healthier with a tan, in reality, the largest organ in your body-your skin-is suffering.

Minimize Your Risk

Limit Exposure

To UV radiation from tanning booths and the UV rays emitted by the sun. Total UV exposure, whether it is one large 'dose' or smaller 'doses' over a long period of time, can affect the skin negatively, increasing the risk of skin cancer.

Watch your Eyes

If you choose to tan in a tanning salon use the goggles they provide. Closing your eyes does not provide enough protection, and can lead to burning of the cornea.

Know your Medical History

Overexposure to sunlight in combination with certain medications (such as antihistamines, or birth control pills) can cause rashes or irritate the skin.

Maximize Your Protection

Sunscreen is your skin's best friend.

What is SPF? SPF is an indicator for the amount of time your skin can be exposed to UV radiation without burning (i.e. if you burn in 10 min then SPF 15 would give you 150 min of burn protection). Sunscreen reduces UV damage but does not completely block radiation. Keep your skin moisturized and protected with combination lotions, offered by many manufacturers, they provide the sun protection and the moisture your skin needs.

Sunless Tanners?

"But I thought that meant orange not tan."

Sunless tanners that contain DHA (dihydroxyacetone) do not produce the orange tint that sunless tanners are known for. DHA works with the protein in the skin cells to darken the skin so you can get that bronze glow you want without damaging your skin. The sun kissed-look you often see on TV and in advertisements is a result of sunless tanners and bronzers, used by the makeup artists. Many of these products are available at your local drug store.

For More Information Contact:
The Office Of Health Education
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Information modified from:
American Academy of Dermatology Web Site
<http://www.aad.org/Dermisights/Fall200/tanning>
WebMDHealth Web Site
<http://my.webmd.com>
Virtual Hospital Web Site
www.vh.org/Patients/Derm/indoorTanning
Federal Trade Commission Documents Web Site
<http://www.rawpublish.com>
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In the dark
about Tanning
Booths...