

# INDOOR TANNING

- \* links to cancer → indoor cancer has been linked with skin cancers including melanoma (deadliest type) and squamous cell carcinoma, as well as cancer of the eye (ocular melanoma)
- \*\* NO Base Tan! \*\*
- \* you are exposed to both UVA and UVB rays.
- \* indoor tanning is especially dangerous because each bed has different bulbs and strengths, therefore you don't know the UV exposure.
- \* Many states have outlawed tanning beds for people under the age of 18.
- \* Tanning beds serve 30 million people, ≈ 2.3 million of them being teenagers
- \* Tanning from the ages 15-25, increases the risk of getting melanoma by 75%
- \* tanning in a tanning bed is 15-25% stronger than the sun's UV rays
- \* 1,800 emergency room visits a year from sunburns.
- \* 1/40 men and 1/50 women get melanoma
- \* Brazil and New South Wales (Australia) have banned the use of tanning beds all together.