

## **WARNING**

**TANNING IS ONE OF THE LEADING CAUSES OF SKIN CANCER.**

**TANNING MAY CAUSE SEVERE BURNS, BLISTERING AND SCARRING.**

- The U.S. Department of Health and Human Services has declared ultraviolet radiation (UV) to be a cancer causing substance.
- Both indoor and outdoor tanning expose a person to ultraviolet radiation because UV radiation can come from the sun and artificial sources, such as tanning beds and sun lamps.
- The amount of UV radiation received during indoor tanning is similar to the amount received from the sun, and in some cases may be stronger.
- People who tan greatly increase their risk of developing skin cancer.
- Numerous medical studies have shown that exposure to UV radiation, from tanning outside or with indoor tanning devices, is associated with an increased risk of skin cancer.
- The number of skin cancers has been rising over the past several years due to increasing exposure to UV radiation from the sun, tanning beds, and sun lamps.
- In the United States, a person dies every 62 minutes from melanoma, the deadliest form of skin cancer.
- Exposure to UV radiation from indoor tanning devices can also lead to premature skin aging, eye damage, and damage to the immune system.
- The effects of UV radiation are cumulative and may show up several years after the exposure.
- The adverse effects of UV radiation are increased when a person is exposed during their twenties, teens, or even younger.
- PHYSICIANS, THE UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES AND OTHER HEALTH ORGANIZATIONS RECOMMEND THAT A PERSON, ESPECIALLY CHILDREN UNDER 18, REDUCE THEIR EXPOSURE TO ULTRAVIOLET RADIATION FROM INDOOR TANNING DEVICES TO HELP PREVENT SKIN CANCER.