

Skin Cancer Prevention

Tanning

Nearly **30**
MILLION

people tan
indoors in the
U.S. every year.

Most people get enough
Vitamin D from
FOOD and **SUNLIGHT**
during daily activities--
NOT from tanning beds.

Ultraviolet radiation
(UVR) is a **PROVEN**
human carcinogen.

On an average day, more than
one million Americans
use tanning salons.

FREQUENT tanners using new
high-pressure sunlamps may receive as
much as **12 times** the annual **UVA**
dose **compared to** the dose they
receive from **SUN EXPOSURE**.

People who first
use a tanning bed
before age **35**
increase
their **risk** for
melanoma by
75%.

People who **use tanning beds** are
2.5 times more likely to develop
squamous cell carcinoma and
1.5 times more likely to develop
basal cell carcinoma.

The FTC has ruled
against
claiming health
benefits for
indoor tanning.

20 minutes spent in an indoor tanning salon
may equal 2-3 hours in the **NOONTIME** sun.