

## **“Tanning Beds: Is the Glow Worth the Risk?”**

**Dr. Heather Haley, Haley Dermatology/CLEAR Medspa**

### **The Facts about Tanning Beds**

- ✓ On an average day in the United States, more than 1 million people tan in tanning salons.
- ✓ Girls and women aged 16 to 29 make up nearly 70 percent of tanning salon patrons.
- ✓ A 2002 study in the Journal of the National Cancer Institute found that using indoor tanning devices increased the risk of skin cancers – 2.5 times for squamous cell carcinoma and 1.5 times for basal cell carcinoma – compared with nonusers.
- ✓ The United States Department of Health & Human Services has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sun lamps, as a known carcinogen (cancer-causing substance).
- ✓ Indoor tanning equipment emits UVA and UVB radiation. The amount of radiation produced during indoor tanning is similar to the sun and in some cases may be stronger.
- ✓ A review of seven studies found a statistically significant increase in the risk of melanoma in those who had been exposed to UV radiation from indoor tanning before the age of 35.
- ✓ Studies have demonstrated that exposure to UV radiation during indoor tanning damages the DNA in the skin cells. Also, excessive exposure to UV radiation during indoor tanning can lead to skin aging, immune suppression, and eye damage, including cataracts and ocular melanoma.

“Tanning beds use UV light, and this is known to cause skin cancer. I recommend people stay away from them. There are many safe options that will give you that tanned look without damaging your skin.”

~ Dr. Heather Haley  
Haley Dermatology/CLEAR Medspa

*May is Skin Cancer Awareness* month, so to keep you and your family healthy, Haley Dermatology and Thomas Hospital are partnering to bring a free skin cancer screening May 16<sup>th</sup> from 8AM to 10AM at Haley Dermatology in Fairhope.

Dr. Haley is a board-certified dermatologist, specializing in skin cancer prevention and treatment, as well as minimally invasive cosmetic procedures. To find out more about the free screening, or about the treatment and prevention of skin cancer, call (251) 928-3844. You can also find more information at [www.haleyderm.com](http://www.haleyderm.com). Haley Dermatology Group is located at 202 Rock Creek Parkway in Fairhope, Alabama.