

“Teen Tanning: Don’t Overlook the Dangers”

Dr. Heather Haley, Haley Dermatology/CLEAR Medspa

The Facts about Teen Tanning

- ✓ Melanoma is the most common form of cancer for adolescents and young adults.
- ✓ According to the CDC, less than half of all teenagers use sunscreen.
- ✓ A teenager’s skin is thought to be more vulnerable than an adult’s. Teens may be especially susceptible to skin cancer because their cells are dividing and changing more rapidly.
- ✓ Indoor tanning devices increase the risk of skin cancers – 2.5 times for squamous cell carcinoma and 1.5 times for basal cell carcinoma.
- ✓ Studies have demonstrated that exposure to UV radiation during indoor tanning can lead to skin aging, immune suppression, and eye damage including cataracts and ocular melanoma.
- ✓ Tanning booths are especially popular with young girls. 11% of 13-14-year-olds reported using indoor tanning booths more than three times, but that *number grew to 47% among 18 to 19-year-olds*.
- ✓ The American Academy of Dermatology recently issued a new position statement on indoor tanning, encouraging states to ban the use of tanning equipment for non-medical purposes. The organization also advocates legislation to bar minors from using tanning devices and the placement of a Surgeon General’s warning stating that UV radiation is a known carcinogen on all tanning devices.

“Teens need to know about the options. They include self-tanners in the form of sprays, lotions and creams. You can get the look you like without the damage that can occur by using tanning equipment.”

~ Dr. Heather Haley
Haley Dermatology/CLEAR Medspa

May is Skin Cancer Awareness month, so to keep your teen healthy, Haley Dermatology and Thomas Hospital are partnering for a free skin cancer screening May 16th from 8AM to 10AM at Haley Dermatology located at 202 Rock Creek Parkway 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. Haley Dermatology Group is located at 202 Rock Creek Parkway in Fairhope, Alabama.