

## Who tans indoors?

- On an average day in the United States, more than 1 million people tan in tanning salons.
- Nearly 70 percent of tanning salon patrons are Caucasian girls and women, primarily aged 16 to 29 years.
- Nearly 28 million people tan indoors in the United States annually. Of these, 2.3 million are teens.

**In 2010, the indoor tanning industry's revenue is estimated to be \$2.6 billion.**

## Risks of indoor tanning

- The United States Department of Health and Human Services and the World Health Organization's (WHO) International Agency of Research on Cancer panel has declared ultraviolet (UV) radiation from the sun and artificial sources, such as tanning beds and sun lamps, as a known carcinogens (cancer-causing substances).
- Indoor tanning equipment, which includes all artificial light sources, including beds, lamps, bulbs, booths, etc., emits UVA and UVB radiation. The amount of the radiation produced during indoor tanning is similar to the sun, and in some cases might be stronger.
- ***Studies have found a 75 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning.***
- Evidence from several studies has shown that exposure to UV radiation from indoor tanning devices is associated with an increased risk of melanoma and non-melanoma skin cancer, such as squamous cell carcinoma and basal cell carcinoma.
- Studies have demonstrated that exposure to UV radiation during indoor tanning damages the DNA in the skin cells. Excessive exposure to UV radiation during indoor tanning can lead to premature skin aging, immune suppression, and eye damage, including cataracts and ocular melanoma.
- In addition to the above mentioned risks, frequent, intentional exposure to UV light may lead to an addiction to tanning.
- Indoor tanning beds/lamps should be avoided and should not be used to obtain vitamin D because UV radiation from indoor tanning is a risk factor for skin cancer. Vitamin D can be obtained by a eating a healthy diet and by taking oral supplements.
- In a recent survey of adolescent tanning bed users, it was found that about 58 percent had burns due to frequent exposure to indoor tanning beds/lamps.

**The FDA estimates that there are about 3,000 hospital emergency room cases a year due to indoor tanning bed and lamp exposure.**

## Legislation

- Only 36 states restrict indoor tanning use by minors, despite the call from the WHO to prohibit minors from indoor tanning because of the danger of skin cancer. On Oct. 9, 2011, California became the first state in the nation to prohibit the use of indoor tanning devices for all children and adolescents under the age of 18. The FDA is considering modifying the classification of indoor tanning beds based on a hearing in March 2010. The American Academy of Dermatology Association (AADA) opposes indoor tanning and supports a ban on the production and sale of indoor tanning equipment for non-medical purposes.