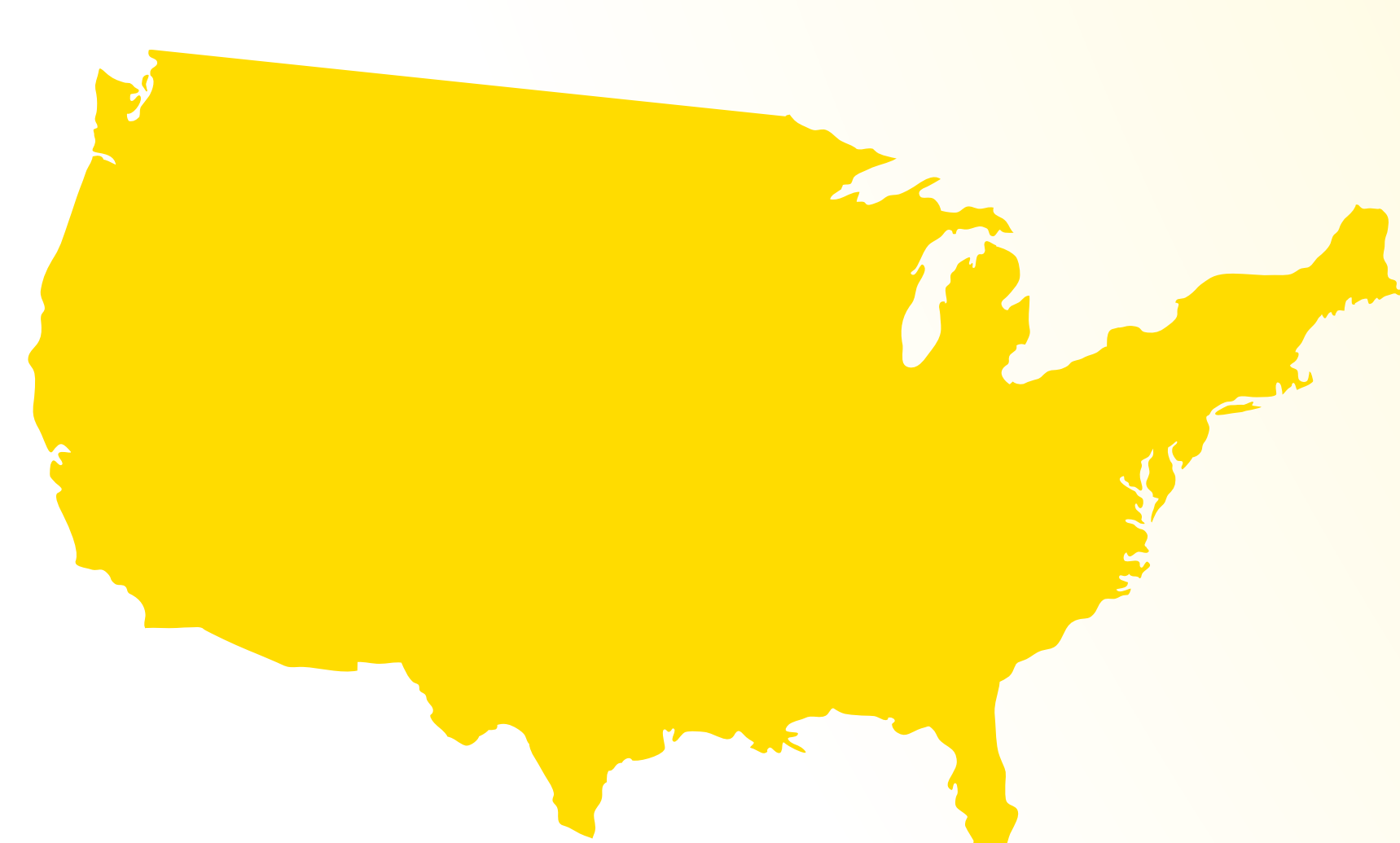
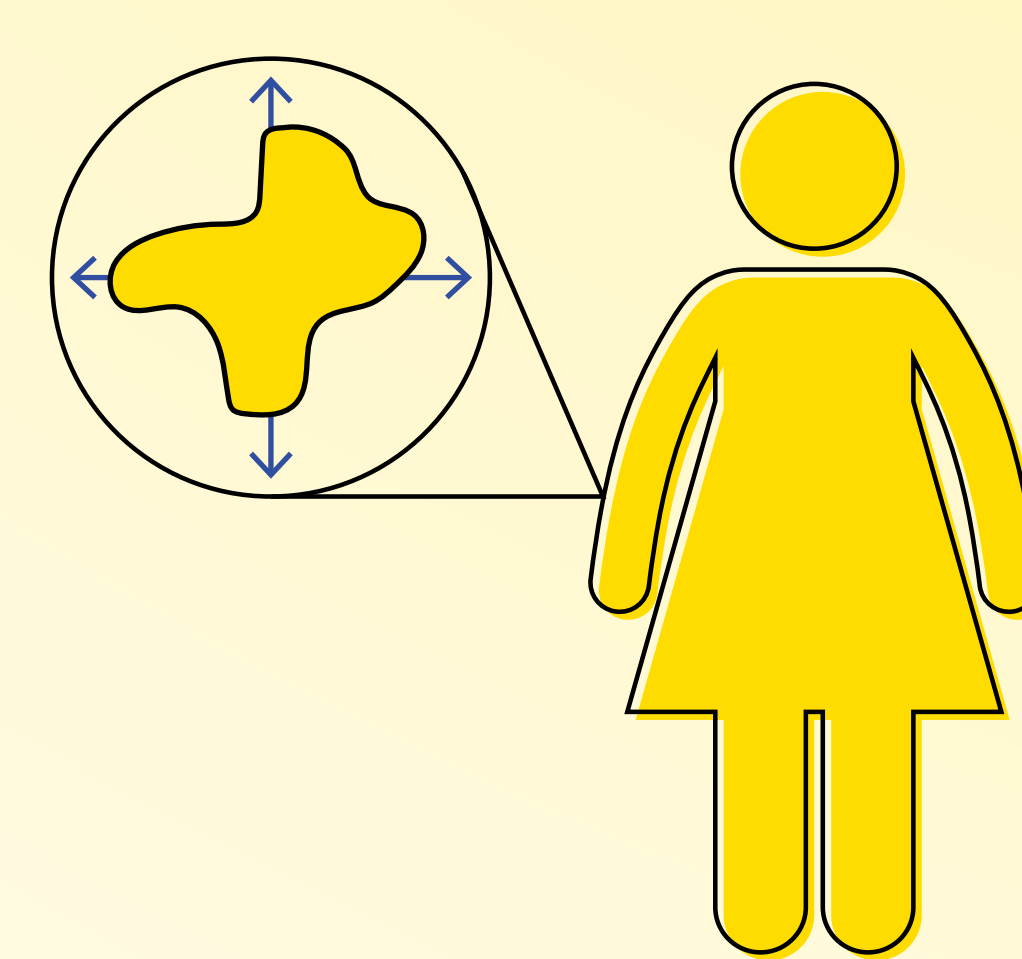


# Tanning Beds Are Not Safer Than the Sun.<sup>1</sup>



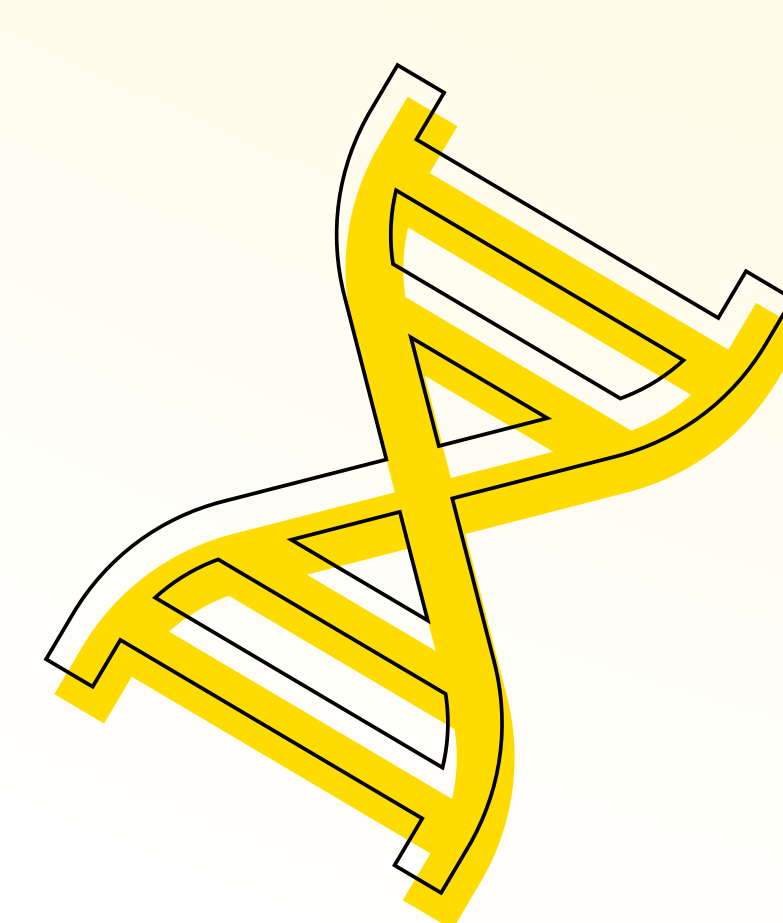
More than 419,000 cases of skin cancer in the U.S. each year are linked to indoor tanning.<sup>2</sup>

Melanoma is the second most common cancer in females age 15-29.<sup>3</sup>



## Tanning = DNA Injury to Your Skin<sup>4</sup>

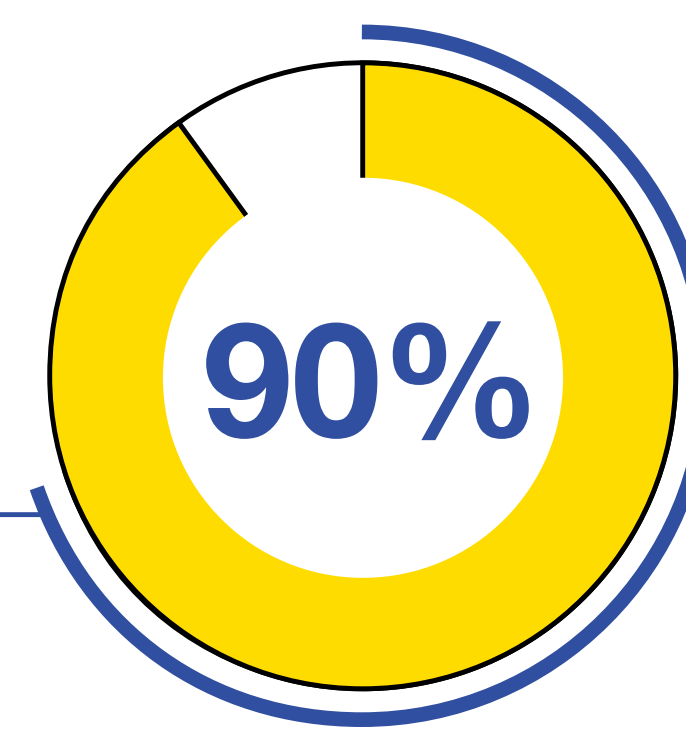
Skin exposed to UV radiation increases production of melanin to protect the skin from further damage. The increased melanin causing the tan color change is a sign of DNA damage.<sup>5</sup>



### SPF 30+

The extra melanin in tanned skin provides an estimated Sun Protection Factor (SPF) of about 2 to 4; far below the minimum recommended SPF of 30.<sup>5,6</sup>

Damage from tanning can accelerate skin aging.<sup>7</sup> An estimated 90 percent of skin aging is caused by the sun.<sup>8</sup>

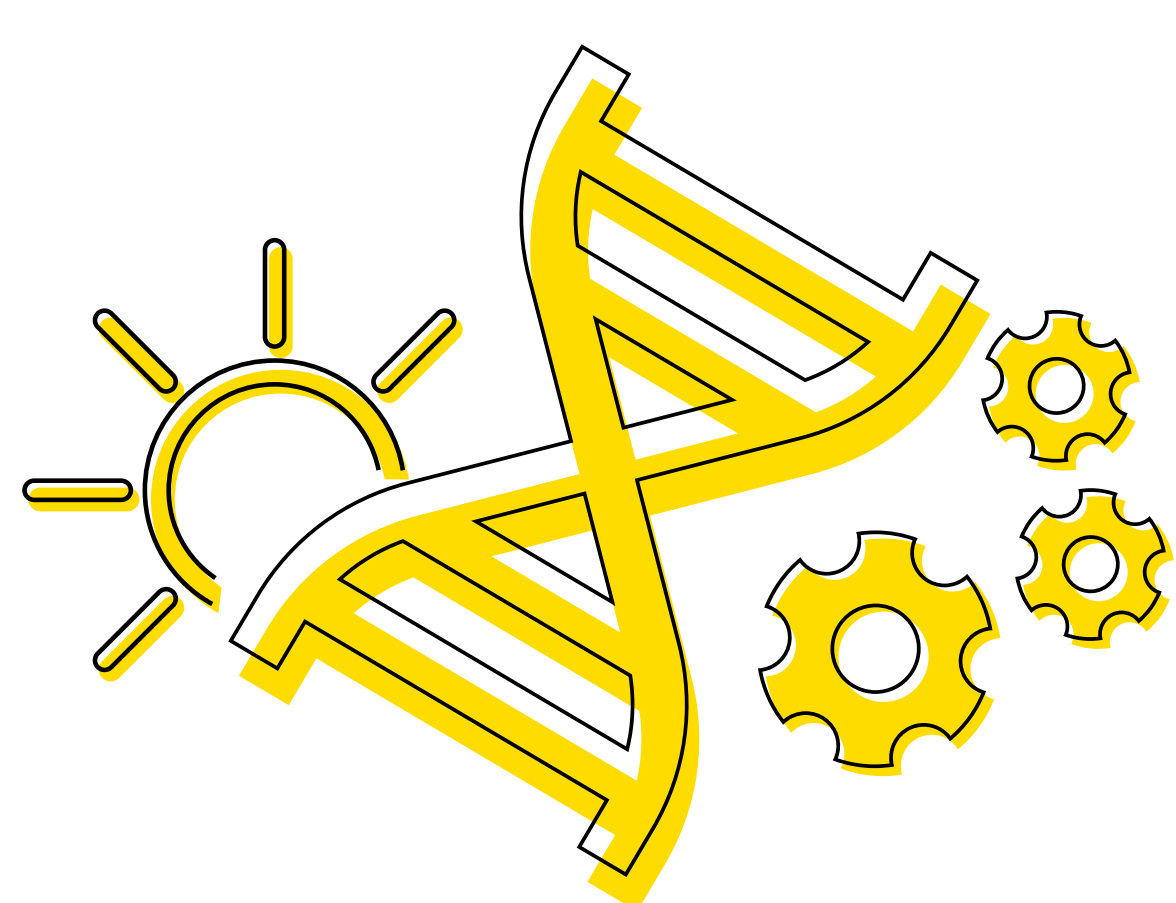


Studies have not shown that everyday sunscreen use leads to vitamin D insufficiency.

Food, supplements and incidental, protected sun exposure are considered safer ways to get needed vitamin D.<sup>9</sup>

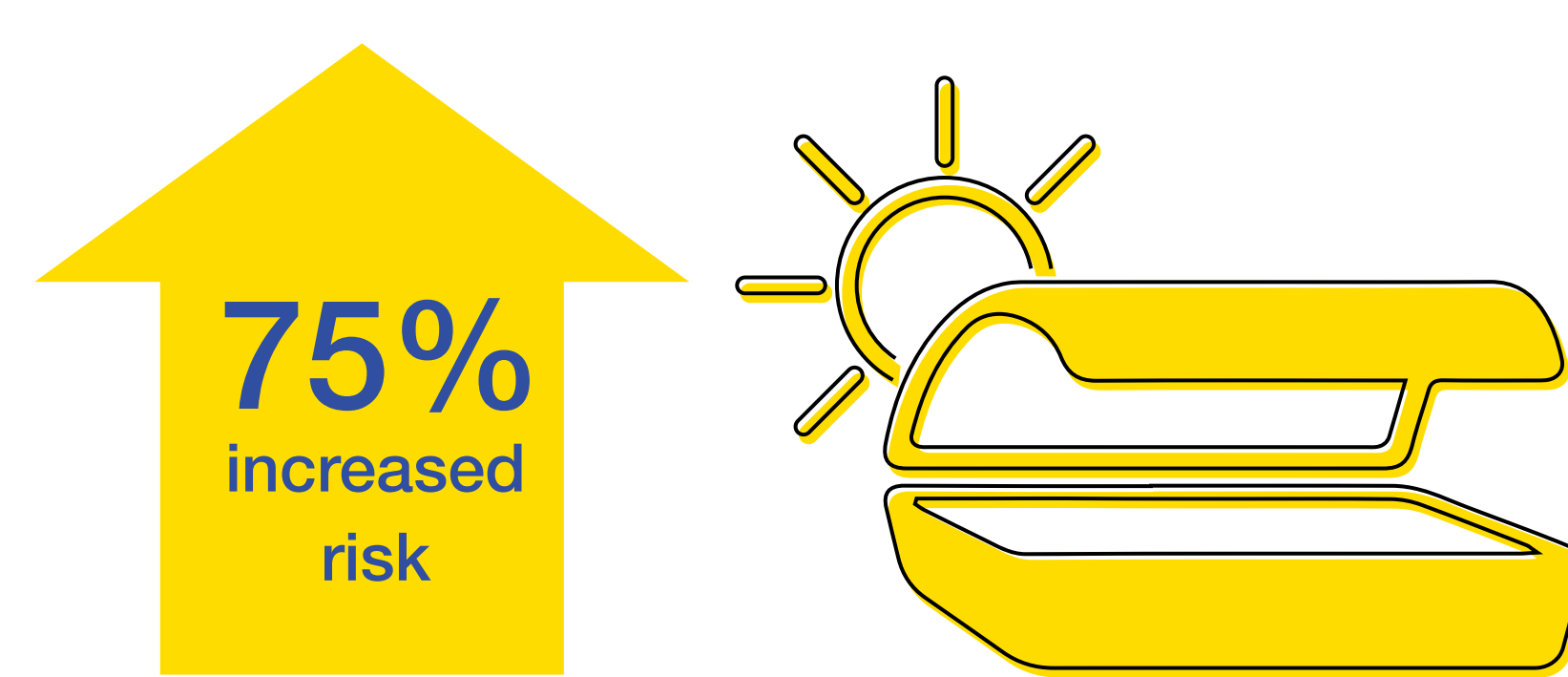
Vitamin D

## Skin Damage Starts With Your Very First Tan.<sup>4</sup>



Each time you tan, the damage builds up, creating the possibility for more genetic mutations and greater risk.<sup>4</sup>

Experts estimate a 75% increased risk of developing life-threatening melanoma from just one indoor tanning session before age 35.<sup>4</sup>



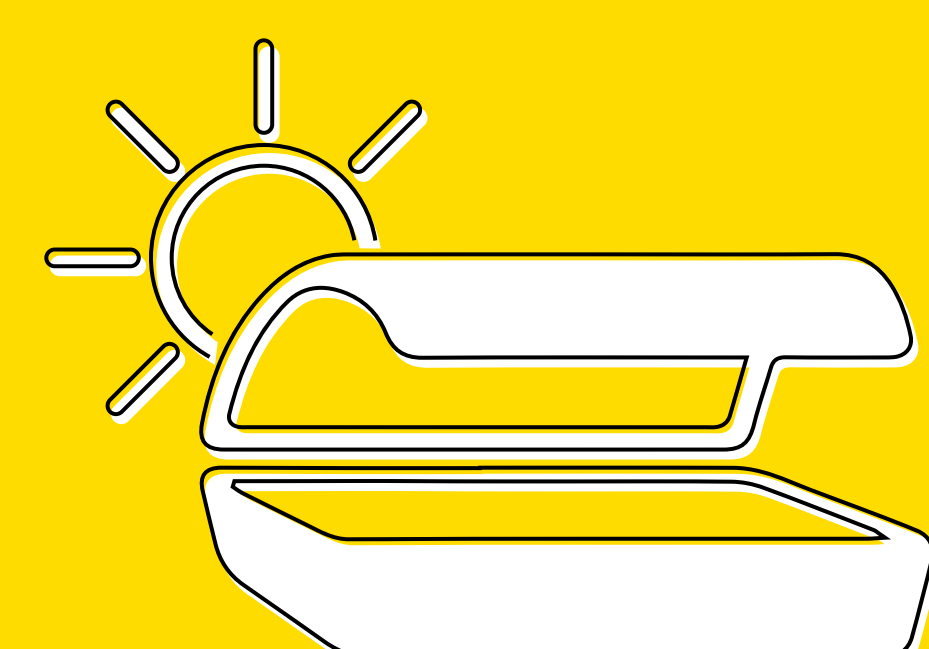
## Quit (or never start) Indoor Tanning.



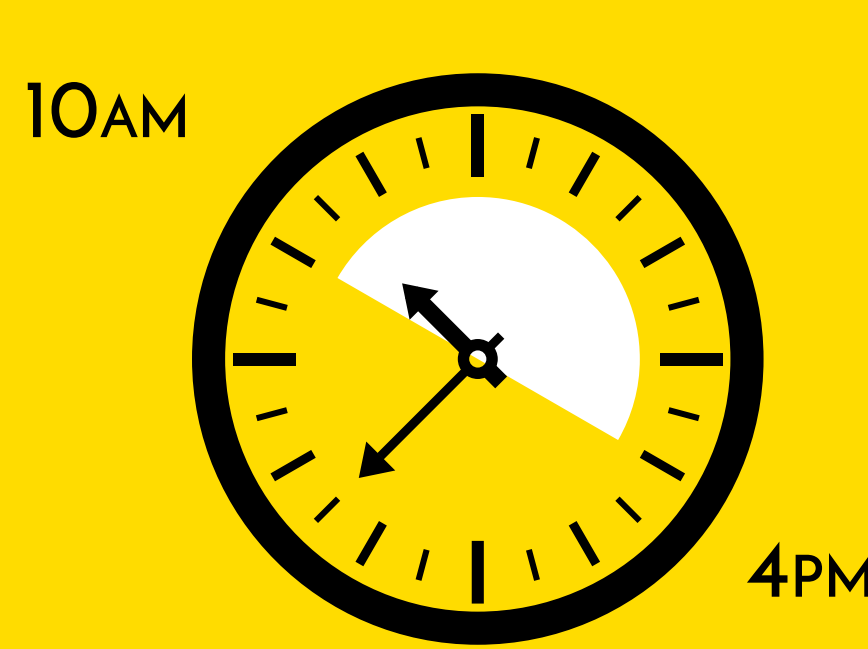
42 states and the District of Columbia either ban or regulate indoor tanning by minors under 18.<sup>10</sup>

The Centers for Disease Control and Prevention estimates that if no one younger than 18 years of age ever used a tanning bed, we could prevent about 61K melanomas and nearly 7K deaths due to melanoma over the lifetime of the 61.2 million children age 14 and younger in the U.S.<sup>1</sup>

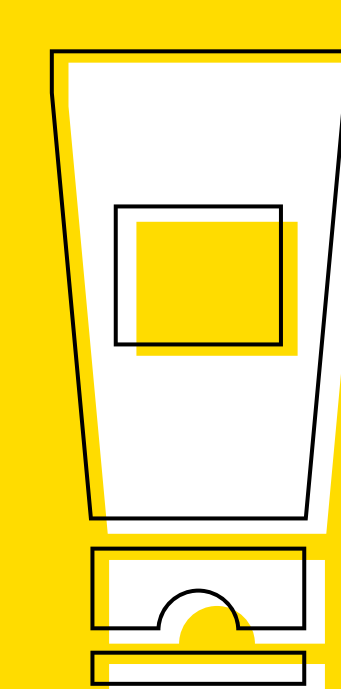
## Sun Safe Tips



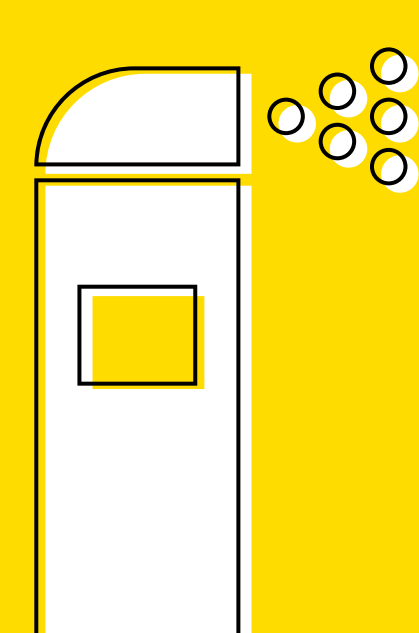
Avoid tanning beds. there's no such thing as a safe tanning bed, tanning booth, or sun lamp.<sup>1</sup>



Limit time in the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are most intense.



Use sunscreen to protect your skin from burning UV rays, NOT to stay out in the sun longer.



Use a sunless tanner to achieve the desired skin look, but you'll still need to practice sun safe behavior including proper use of sunscreen.

Brought to you by Neutrogena®

References:

- 10 surprising facts about indoor tanning. <https://www.aad.org/public/diseases/skin-cancer/surprising-facts-about-indoor-tanning>. Accessed July 13, 2021.
- Wheiner MR, Chren MM, Nameth D, et al. International prevalence of indoor tanning: a systematic review and meta-analysis. *JAMA Dermatol* 2014; 150(4):390-400. doi:10.1001/jamadermatol.2013.6896.
- Surveillance, Epidemiology, and End Results (SEER) program 18 registries. Data run July 25, 2018. Skin cancer. <https://www.aad.org/media/stats-indoor-tanning>. Accessed August 2, 2021.
- Tanning and Your Skin. [www.skincancer.org/risk-factors/tanning/](https://www.skincancer.org/risk-factors/tanning/). Accessed July 13, 2021.
- The Risks of Tanning | FDA. <https://www.fda.gov/radiation-emitting-products/tanning/risks-tanning>. Accessed July 13, 2021.
- Sunscreen FAQs (aad.org). <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>. Accessed July 26, 2021.
- 11 ways to reduce premature skin aging (aad.org). <https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin>. Accessed August 2, 2021.
- Skin Cancer Facts & Statistics - The Skin Cancer Foundation. <https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>. Accessed August 2, 2021.
- Sun Protection and Vitamin D - The Skin Cancer Foundation. <https://www.skincancer.org/blog/sun-protection-and-vitamin-d/>. Accessed July 13, 2021.
- Indoor Tanning Legislation: Here's Where We Stand - The Skin Cancer Foundation. <https://www.skincancer.org/blog/indoor-tanning-legislation-heres-stand/>. Accessed July 13, 2021.