

SUN SAFETY AND SKIN CANCER AWARENESS

HAZARDS OF INDOOR TANNING SALONS

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SKIN CANCER

- Skin Cancer is Becoming **more and more common** in younger individuals including college students



- **Prevention** of skin cancer needs to begin with **educating** our children on the perils of **excessive sun exposure.**



SKIN CANCER

- Early Detection
- Prevention
- Increasing Skin Cancer Awareness in our children and adolescents.







SUN DAMAGE





+ SUN =



Early premature aging treatment





Sun = Skin Damage



**1 in 5 Americans will
develop skin cancer**



SKIN CANCER

BASAL CELL CARCINOMA

SQUAMOUS CELL CARCINOMA

MALIGNANT MELANOMA



SKIN CANCER and the sun



- SOURCE OF LIGHT AND ENERGY WE ALL DEEM SO ESSENTIAL TO OUR HEALTH AND WELL BEING
- BIGGEST AND BADDEST CULPRIT IN THE FORMATION OF SKIN CANCER.



SKIN CANCER and the sun



- Cigarette smoking → Lung Cancer
- Excessive Sunlight exposure → Skin Cancer



UV INDEX

Index Number Exposure Level

1-2

Low

3-5

Moderate

6-7

High

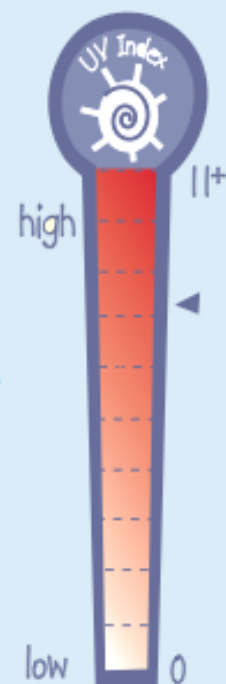
8-10

Very High

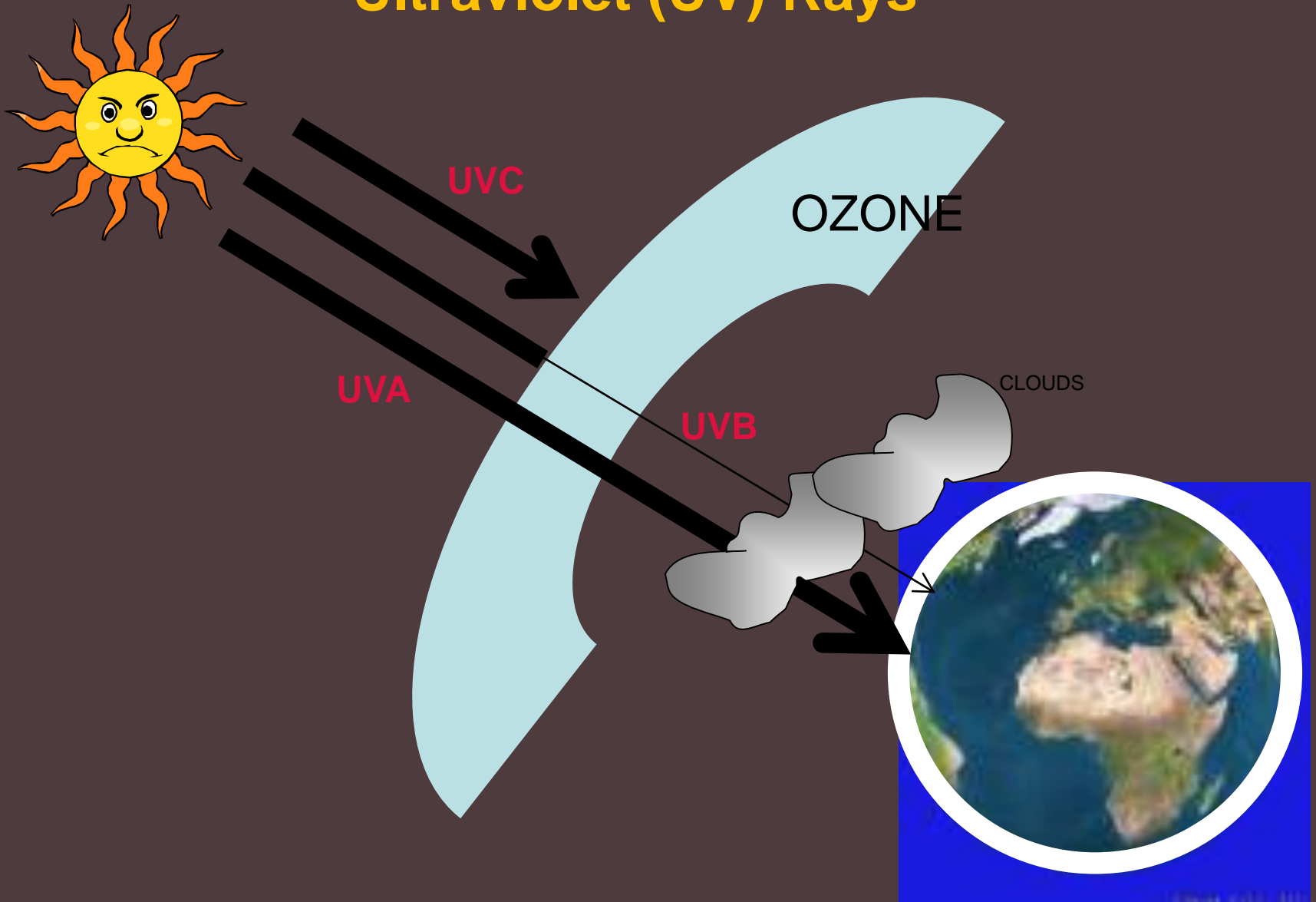
11+

Extreme

The higher the
UV Index, the
more important
it is to be
SunWise.



Ultraviolet (UV) Rays









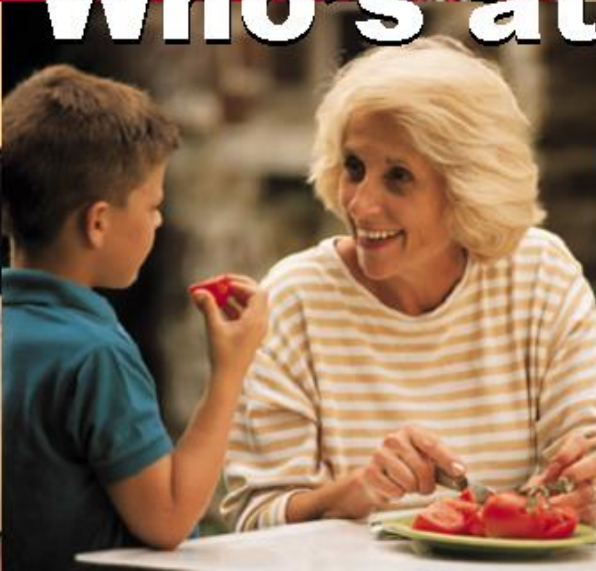


Attractive?



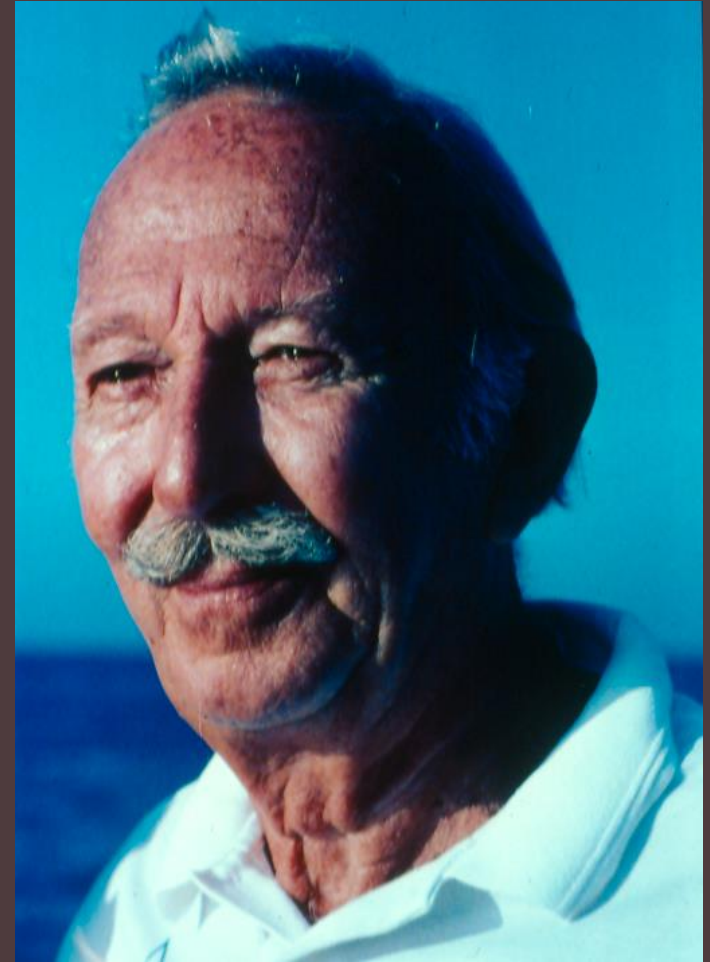


Who's at Risk?



SKIN CANCER RISK

- Skin Cancer commonly develops in people who have **worked outdoors** most of their lives
 - Farmers
 - Construction workers



SKIN CANCER RISK

- Skin cancer commonly occurs in people who have had **severe** childhood or adolescent **sunburns**



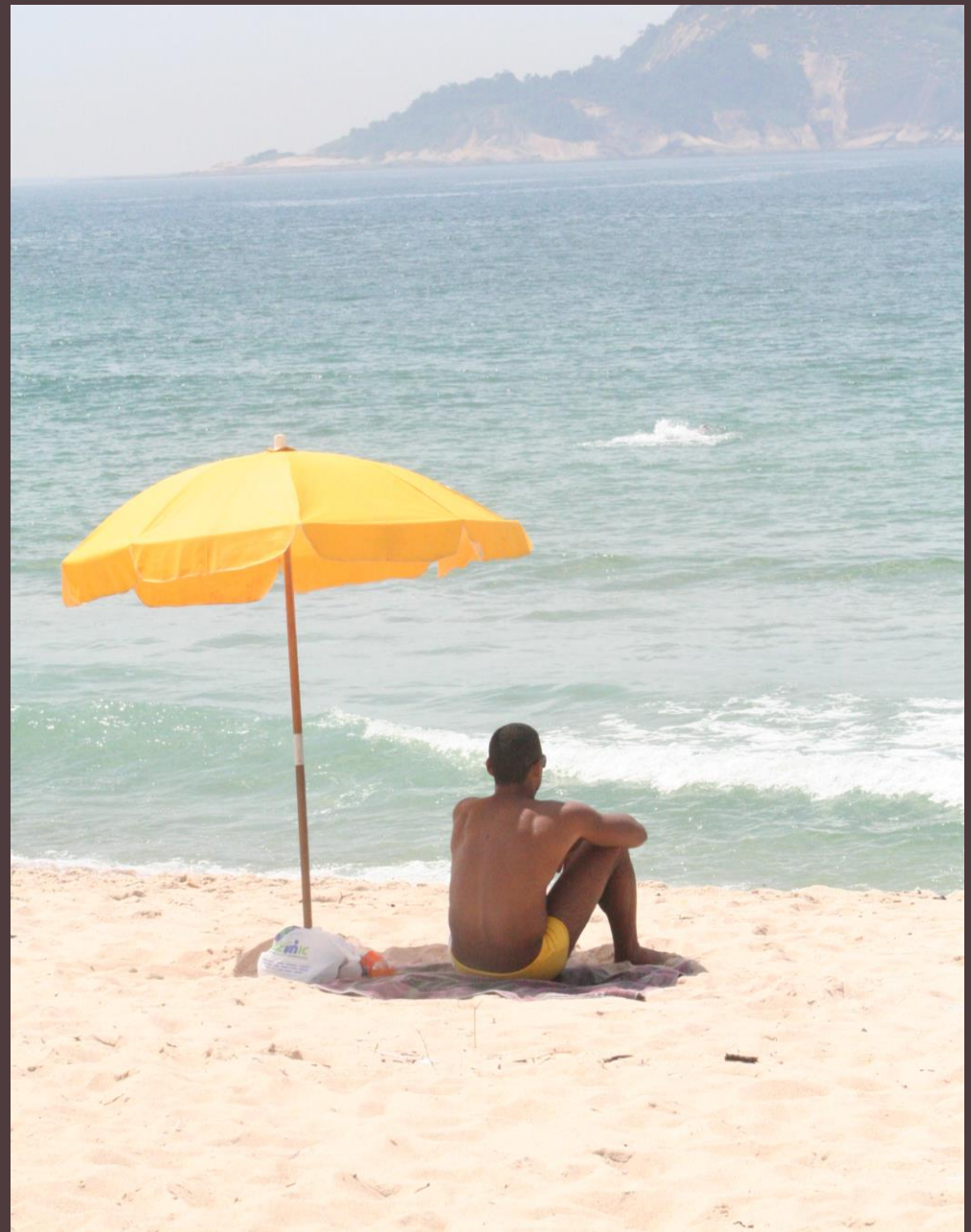
SKIN CANCER PREVENTION

STARTS WITH OUR
CHILDREN and
YOUNG ADULTS



Block the sun

Not the fun!



SKIN CANCER PREVENTION

- Estimated that **80%** of lifetime of sun exposure not uncommonly may occur **before** the age of **18 yrs.**
- Regular use of a **broad spectrum sunscreen (SPF > 15)** in this age group can **lower risk** of certain skin cancers by **78%.**



SKIN CANCER PREVENTION

- **Excessive Sun Exposure** when obtained during childhood can be especially worrisome.



SKIN CANCER PREVENTION

Sun protection

SLIP

on a *shirt*

SLAP

on a *hat*

SLOP

on some *sunscreen*



IS EXPOSURE TO UV LIGHT IN TANNING BEDS SAFE?



Which celebrities do you think are the most beautiful and why?

Take a few minutes and rate these 10 celebrities, 1 being the least beautiful and 10 being the most beautiful.



Olsen Twins



Gisele
Bundchen



Lindsay Lohan



Jessica
Simpson



Rachel
McAdams



Paris Hilton



Nicole Kidman



Cintia Dicker



Christina
Aguilera



Scarlett
Johansen

Why is tanning so popular for teens?



- Healthy glow
- Attractiveness
- Sign of leisure and athletics
- Fashionable
- Celebrities
- Many teens don't think of the risks of skin cancer; maintaining a tan is more important
- Most teens care more about their looks and often times it's considered more important than their health



Is Your Skin In?



Skin Cancer	UV Light	Tanning and Sunburning	Society, Addiction, and Legislation	Skin Cancer Prevention and Alternatives
<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>

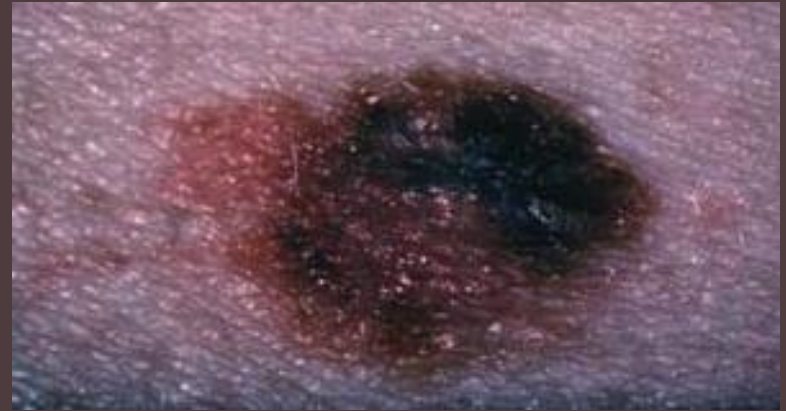
What are the three main types of skin cancer?



- **Basal and Squamous Cell**



- **Melanoma**



***Early Detection=Key**

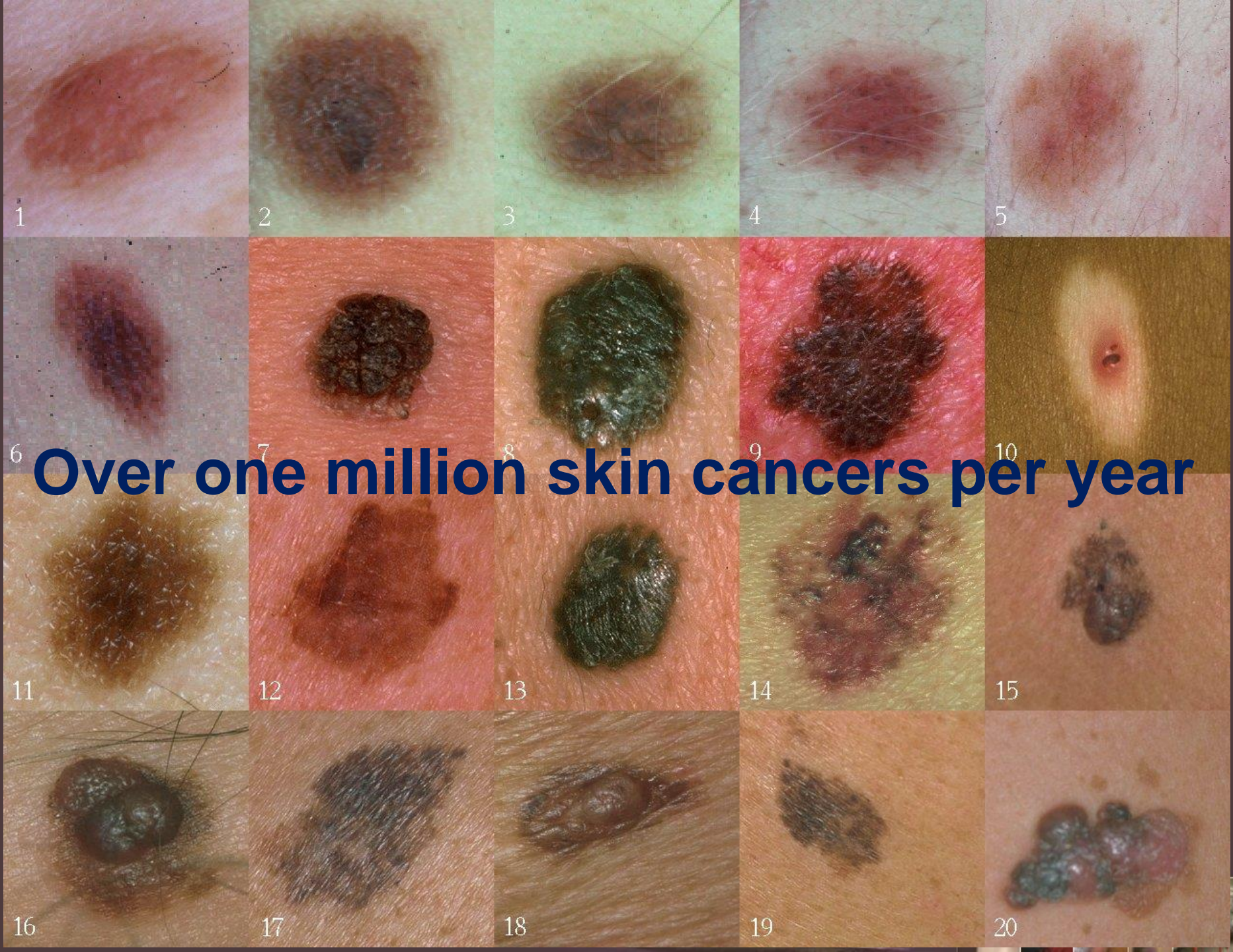
Using tanning salons as well as sunbathing can lead to skin cancer

Indoor tanning can more than double your risk of skin cancer



How many skin
cancer cases are
diagnosed annually
in the U.S.?





Over one million skin cancers per year

True or False:
Melanoma is the most
common cancer
among women aged
25 to 29



- True. Since sunbathing and using tanning beds has become increasingly popular, melanoma rates among young women have soared
- More than 90% of skin cancer cases come from excessive UV exposure- both from tanning beds and sunlight
- The incidence of melanoma is rising faster than that of any other cancer
- Every hour, one person dies of melanoma



=



What are the three types of UV light?



✘ UV light stands for ultraviolet light, and it comes from the sun and tanning beds

✘ UVA: A=Aging

✘ UVB: B=Burning

✘ UVC: C=Cancer

✘ ALL UV RAYS ARE CARCINOGENIC; THEY CAUSE CANCER



Which types of UV rays are found in tanning beds?



✗ Tanning beds emit both UVA and UVB rays

✗ 15 minutes tanning at a tanning salon is equal to a full day at the beach!

✗ ANY KIND OF TAN
MEANS YOUR SKIN IS
BEING DAMAGED BY
UV RAYS



UV is a Carcinogen

UV is listed as a carcinogen by FDA

Basal Cell Carcinoma



Squamous Cell Carcinoma



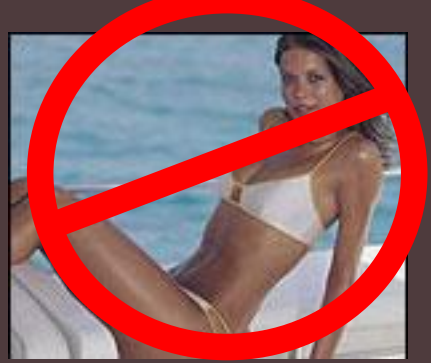
True or False:
Tanning beds give
you a base tan so
you won't burn in
the sun



- False

- Even though your skin may appear darker when using tanning beds, you can still burn

- A base tan, whether from a bed or the sun doesn't provide protection like sunscreen



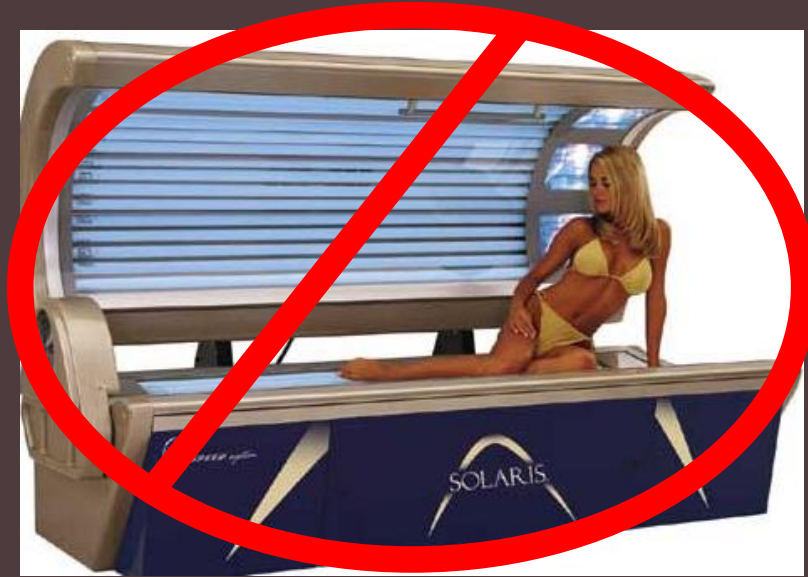
- **There is no such thing as a safe tan**



What are some other reasons, besides the damaging UV rays, why you wouldn't want to use a tanning bed?



- Tanning beds are known for having a high bacteria count
- Most tanning beds aren't regulated for cleanliness
- You may even pick up a bacterial infection by using a tanning bed



EXAMPLES OF THE TYPES OF INFECTIONS SPREAD OR AGGRAVATED FROM INDOOR TANNING SALONS

SCABIES



HERPES SIMPLEX



MOLLUSCUM



MRSA CAN BE EASILY TRANSMITTED VIA INDOOR TANNING SALONS



Tanning Beds and Staph Infection

Whether you are a newbie at [tanning](#) or you have been [tanning](#) for years now, you probably are already aware of the risk of developing skin cancer. Did you know that there is another very serious risk associated with indoor tanning? Staphylococcus aureus bacteria (MRSA), or Staph Infection, is also known to be one of the major risks that comes along with indoor tanning. In fact, there have been deaths related to people contracting Staph Infection at [tanning](#) salons. Here, you will learn a little more about why this happens and how to prevent yourself from contracting [MRSA](#) from a [tanning](#) bed

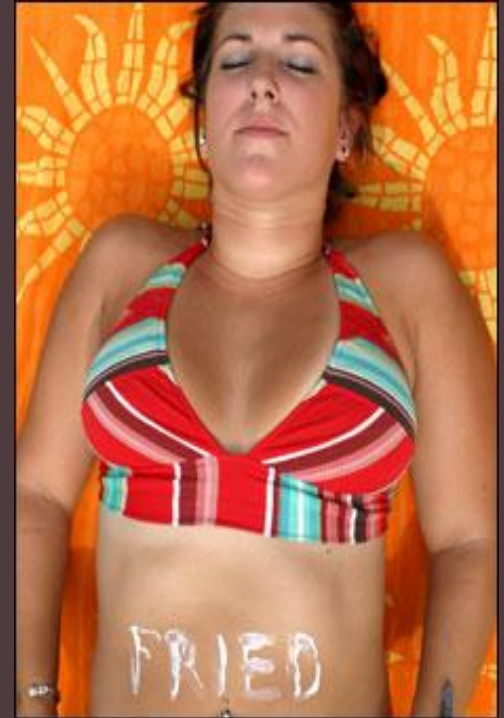


True or False:
Sunburning causes
skin cancer, but
tanning doesn't



- FALSE!

- The only difference between sunburning and tanning is that different skin types react to sunlight in different ways, some turning red (burning) and some turning brown (tanning)



- Either way your skin is damaged and can lead to skin cancer



True or False:
Tanning is safe as
long as you don't
burn



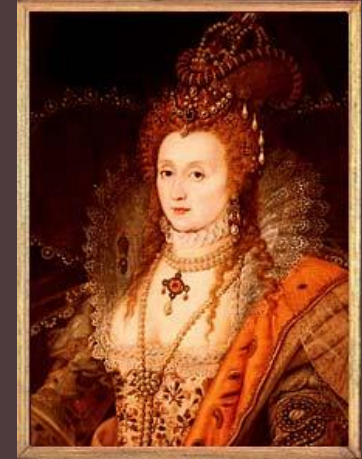
- **FALSE!**
- There are many false claims the tanning salon industry argues; none of them are true!
- One of the most popular false claims is that burning damages skin, but tanning doesn't
- **Don't believe anything the employees at tanning salons say to you!**
- They would like you to believe anything; they just want your money!
- **THERE IS NO SUCH THING AS A SAFE TAN!**



When did the
world's tanning
craze begin?



- When Coco Chanel, a well known fashion designer returned from a vacation in the French Riviera sporting a dark attractive tan in the 1920's



- Up until then being pale signified beauty and high class

- Being tan was considered lower class, symbolizing peasant or slave status; manual labor



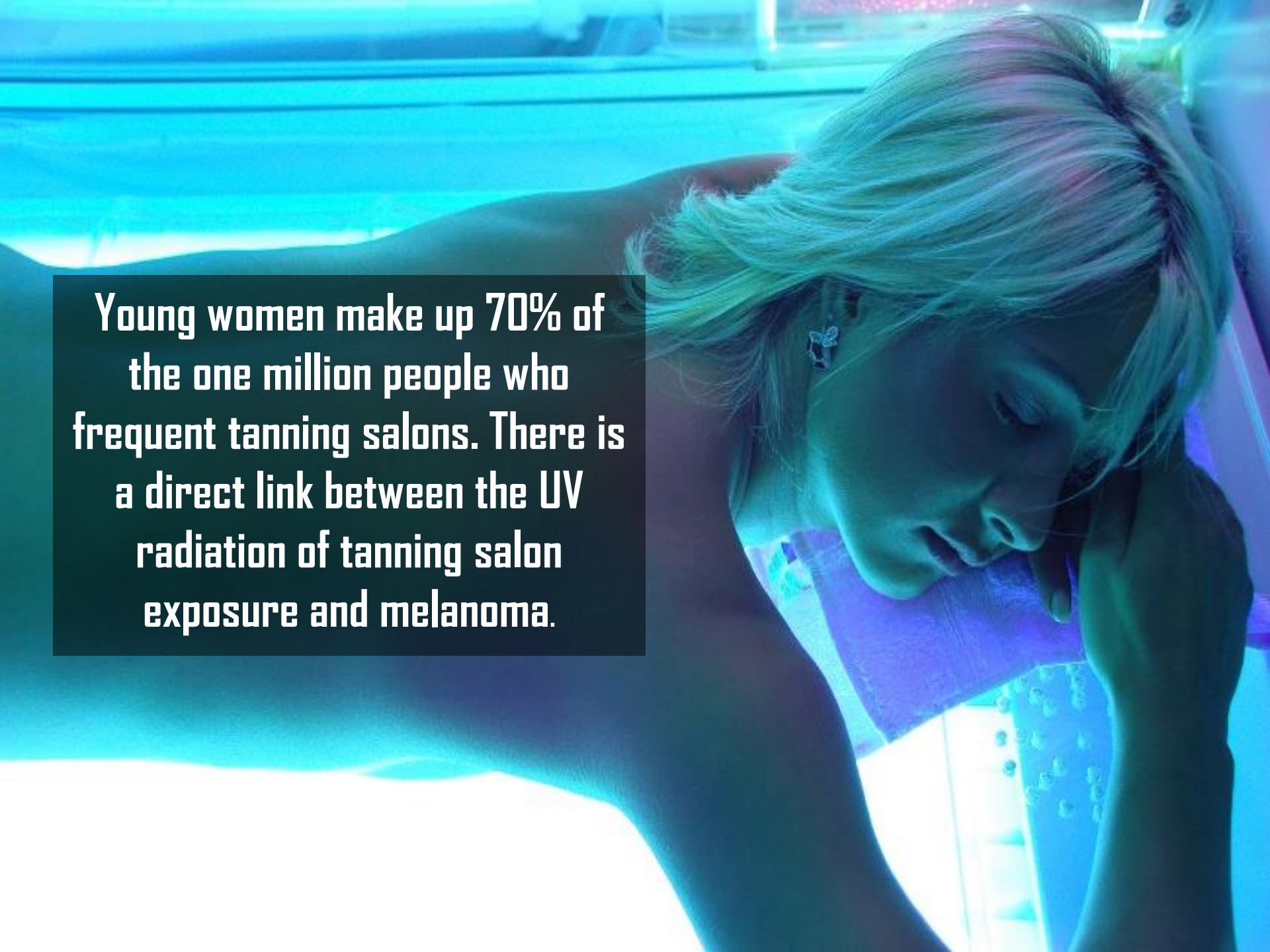
- Society's perception on tanning has flip-flopped



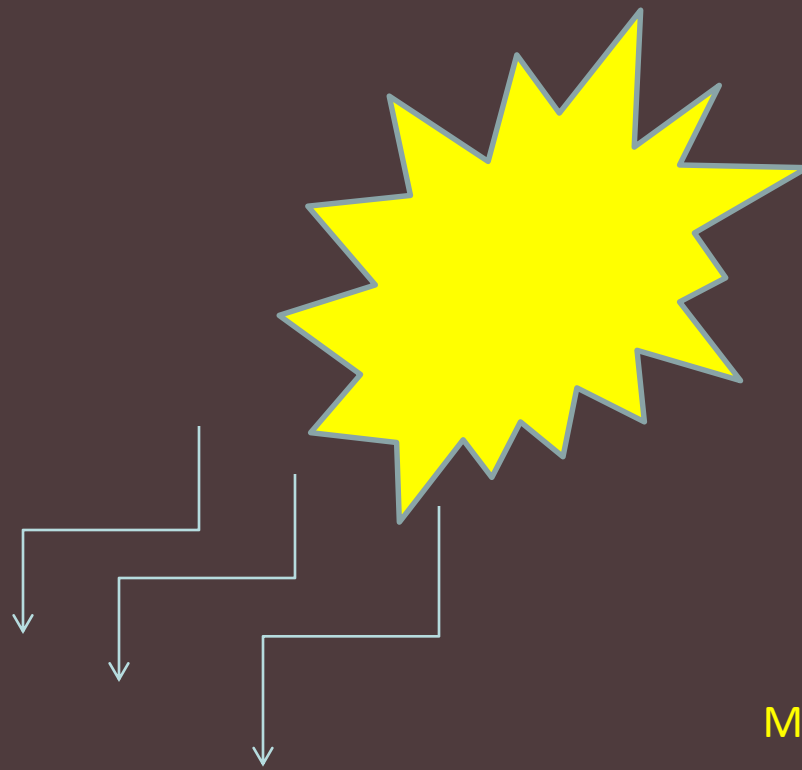
Who Tans Indoors?

- 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 16 to 29 years old.
- Nearly 28 million people tan indoors in the United States annually. Of these, 2.3 million are teens.
- The indoor tanning industry has an estimated revenue of \$5 billion, a fivefold increase from 1992.



A young woman with blonde hair is lying in a tanning bed. She is wearing a small butterfly-shaped earring and has her eyes closed. Her hand is resting near her face. The tanning bed is illuminated with a bright orange light, and the interior has a perforated metal surface. A dark text box is overlaid on the left side of the image.

**Young women make up 70% of
the one million people who
frequent tanning salons. There is
a direct link between the UV
radiation of tanning salon
exposure and melanoma.**



Melanoma is one of the few cancers that we know the cause – UV radiation exposure

and

Where a simple behavioral change – UV minimization- lowers the risk of getting this cancer



Malignant Melanoma



Newsweek



[Brittany Lietz](#) says she learned that the hard way. As a high-school junior, Lietz decided she looked too pale in her white prom dress, so she joined friends heading to a tanning salon near Annapolis, Md. What started as a lark soon became a 20-minute-a-day obsession. "I was a 'tanorexic'," says Lietz. "You know how an anorexic never thinks she's thin enough. I never thought I was tan enough." A bleeding mole discovered at the age of 20 sent Lietz to a dermatologist. It turned out to be stage 1B melanoma. Other suspicious growths were tested. "Every one of them turned out to have some cancerous characteristics," she said. Surgeries to remove the growths have left the 23-year-old with 35 scars so far. With no family history of melanoma and a mother who always insisted on sunscreen outside, Lietz is convinced that her time in tanning beds caused her cancer. A former Miss Maryland and now a Redskins cheerleader, she's working with the American Academy of Dermatology as they launch a new public-service campaign against indoor tanning. ITA denies a link between melanoma and tanning beds.



**Pittsburgh
Post-Gazette®**



Kayla Collier, Miss Florida Teen USA, left, along with Sen. Eleanor Sobel, D-Hollywood, hold a news conference on March 25 in Tallahassee, Fla., to talk about legislation that would impose new restrictions on minors using tanning beds. Ms. Collier, from Pahokee, was diagnosed with melanoma at the age of 16.

Florida already requires parental approval before minors can use tanning salons. If the new law passes, it would be among the strictest in the nation. Only one state, Wisconsin, bans teens 16 and under from using tanning beds, though a handful of others -- California, New York and New Jersey among them -- ban the under-14 crowd. At least 29 states have some regulations governing tanning by minors.



Why is sun/UV considered the “new tobacco”?



- An addiction to tanning exists
- Studies prove that addiction to tanning shows similar behavior to that of substance and alcohol abuse
- When UV touches the skin, brain produces *endorphins*- chemicals that make you feel good
- This is one of the reasons why many teens and individuals tan despite the risks of skin cancer



How many states
currently restrict
indoor tanning for
teens?



✘ Over 29 states now have various legislation limiting youth access to tanning beds

✘ Many of them ban the use of tanning beds for those under 18 without parental consent

✘ The state of Pennsylvania currently has no regulations



If you still want to have a tan
look, what is a healthy
method you can use to
achieve the look, besides
damaging your skin with
UV rays?



✕ Sunless tanning!

✕ Comes in all kinds of sprays and lotions

✕ Made of a chemical called DHA and applied to top layers of skin to give a glowing look

✕ Recommended by dermatologists for those who want tanned skin without the damage

✕ Most, if not all celebrities and models use it



What should you apply
to your skin everyday
to protect it from the
harmful UV rays of
the sun?



- Sunscreen!
- Should wear at least an SPF of 15 everyday
- Even on cloudy days, sun can beat down harmful UV rays
- Regardless of skin type or ethnicity
- Higher the SPF, the better protection it provides
- Should reapply sunscreen every 2 hours when in direct sunlight
- **PROTECT THE SKIN YOU'RE IN**



What can you wear to
protect your eyes and
head from the harmful
UV rays of the sun?

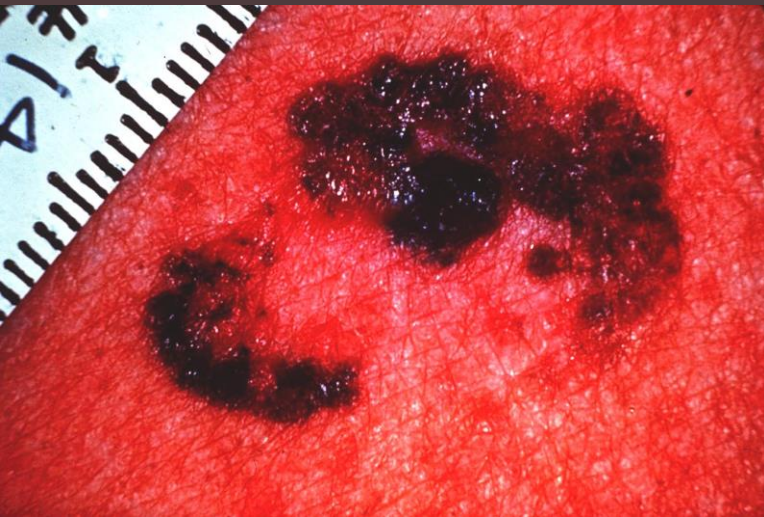


- Sunglasses and Hats!
- Can even get skin cancer in the eye
- Protecting eyes is important in addition to protecting your skin
- Wearing a hat not only protects your scalp and hair, it also may protect your face from the sun



Do you love using tanning beds or are you a sun goddess?

Try this:



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**THE SUN YOU GET TODAY
MAY NOT LOOK SO BEAUTIFUL
TOMORROW.**

Questions?

