



American Academy of Dermatology and AAD Association

Indoor Tanning Fact Sheet

Who Tans Indoors?

- On an average day in the United States, more than 1 million people tan in tanning salons.¹
- Of the customers, 70 percent are Caucasian girls and women, aged 16 to 49 years.²
- Nearly 30 million people tan indoors in the United States annually. Of these, 2.3 million are teens.³
- The indoor tanning industry has an estimated revenue of \$5 billion, a fivefold increase from 1992.^{4,5}

Risks of Indoor Tanning

- 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).⁶
- Indoor tanning lamps emit UVA and UVB radiation at levels that are far higher than the sun. New, high-pressure sunlamps emit doses that can be as much as 15 times that of the sun.⁷
- Exposure to UV light is a known risk factor for melanoma.⁸
- A Swedish study presents strong evidence that indoor tanning increases the risk of melanoma, especially when indoor tanning begins at an early age.⁹
- Medical research shows that exposure to UVA radiation is associated with an increased risk for squamous cell carcinoma and basal cell carcinoma, the two most common types of skin cancer.¹⁰
- A review of 7 studies found a statistically significant 75% increase in the risk of melanoma in those who had exposure to tanning beds before the age of 35.¹¹

Legislation

- 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.
- Only half of the states regulate indoor tanning use by teens, despite the call from the World Health Organization (WHO) to prohibit teens from indoor tanning because of the dangers.^{12, 13}

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⁴Dellavalle RP, Parker ER, Ceronsky N, Hester EJ, Hemme B, Burkhardt DL, et al. Youth access laws: in the dark at the tanning parlor? *Arch Dermatol* 2003;139:443-8.

⁵Demierre MF. Time for the national legislation of indoor tanning to protect minors. *Arch Dermatol* 2003;139:520-4.

⁶U.S. Department of Health and Human Services, Public Health Service, National Toxicology Program. Report on carcinogens, 11th ed: Exposure to sunlamps or sunbeds.

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⁸Gandini S, et al. "Meta-analysis of risk factors for cutaneous melanoma: 11. Sun exposure. *Euro. J Cancer*. 2005 January; 41(1):45-60.

⁹Westerdahl J, Ingvar C, Masback A, Jonsson N, Olsson H. Risk of cutaneous malignant melanoma in relation to use of sunbeds: further evidence for UV-A carcinogenicity. *Br J Cancer* 2000;82:1593-9.

¹⁰Karagas M, et al. "Use of tanning devices and risk of basal cell and squamous cell skin cancers." *J Natl Cancer Inst*. 2002 February 6;94(3):224-6

¹¹The International Agency for Research on Cancer Working Group on artificial ultraviolet (UV) light and skin cancer "The association of use of sunbeds with cutaneous malignant melanoma and other skin cancers: A systematic review." *Int. J Cancer*. 2007 March 1;120:1116-22.

¹²Virgo Publishing. National Tanning Training Institute regulatory information.

¹³Francis SO, Burkhardt DL, Dellavalle RP. 2005: A banner year for new US youth access tanning restrictions. *Arch Dermatol* 2005;141:524-5