

the Truth about Tanning

Your natural skin color is great the way it is!



“I have to get a tan to look good.”

Myth

You should know your skin will pay a price!

Truth

Myth

“Only old people get cancer.”

Young women are getting skin cancer more often. The risk is real!

Truth

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

Indoor tanning before you're

35

increases your risk of melanoma by

75%.



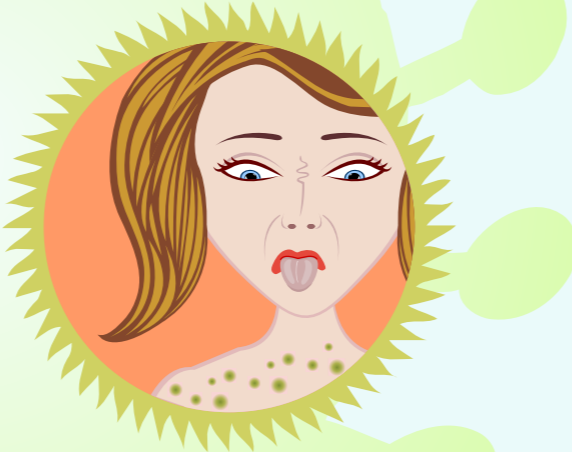
Myth

“Having a good ‘base tan’ will protect my skin from the sun.”

You can get more than a tan from a tanning bed.

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin



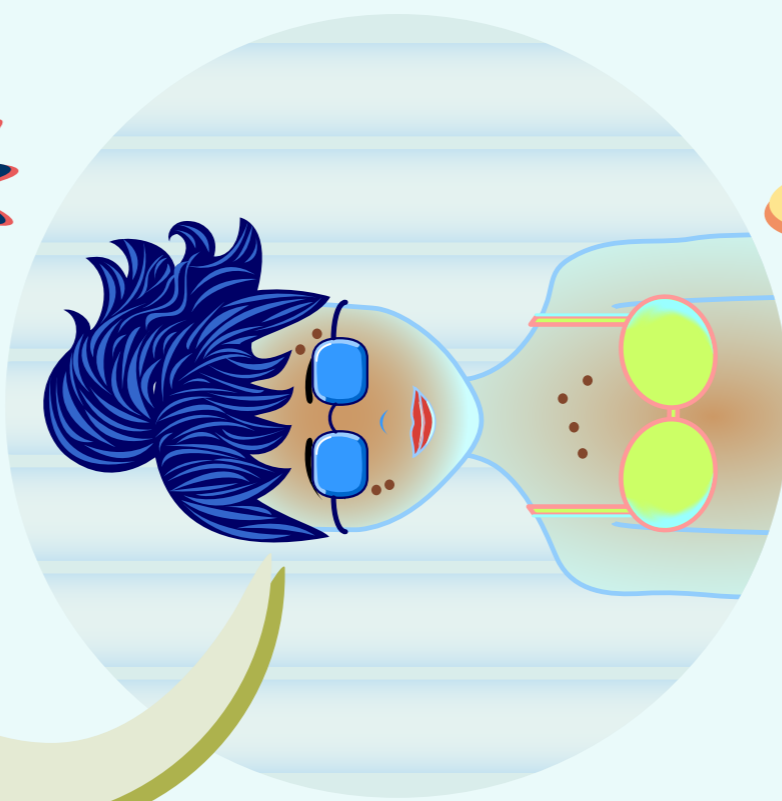
Truth

A tan is a sign of damaged skin.



Myth

“Tanning beds are a good way to get vitamin D.”



Truth

Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

