SAFE kids HEALTHY kids HAPPY kids

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# Tanning Beds: Harmful to Skin

Eighty percent of people under the age of 25 think they look better if they are tan. Almost 50% of teens are trying to tan. Many use tanning salons. They believe that tanning salons are safer than tanning in sunlight.

Skin cancer, especially in young people, has increased. Doctors think this increase is because of tanning beds.

Both sunlight and tanning beds are bad for your skin. Ultraviolet (UV) radiation causes the damage. Tanning beds give off high doses of UVA – three times more than sunlight. Some people think that because UVA light does not leave you with a burn because it is safe. They are wrong.

The American Academy of Dermatology advises people to avoid tanning beds. Besides skin cancer and early aging of the skin, tanning beds can burn eyes, and hurt people with certain diseases or on certain medications. The can also spread diseases such as genital warts if not cleaned well between uses.

A safer way to tan would be the use of sunless tanning products – "tan in a bottle." These products contain DHA. DHA works with protein in the skin cells to give the skin a golden glow. The Food and Drug Administration (FDA) considers DHA safe.

UV radiation, by sunlight or tanning beds, is harmful. Protect your skin. Protect your health.

**Call the Parent Help Line. We listen. We can find you help.**
**544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.**

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