



SPECIAL REPORT PLACES TANNING BEDS IN HIGHEST
CANCER CAUSING RISK CATEGORY

The Skin Cancer Foundation's International Advisory Council Reacts

INSERT LOCATION AND DAT here – Reacting to a report recently released by a working group of the World Health Organization (WHO), local representatives of the global organization The Skin Cancer Foundation urged that all residents of (insert COUNTRY here) refrain from using tanning beds.

In a landmark special report in the medical journal *The Lancet*, The International Agency for Research on Cancer (IARC), a working group of the World Health Organization (WHO), has added ultraviolet radiation (UVR)-emitting tanning devices — tanning beds — to the list of the most dangerous forms of cancer-causing radiation. The report cited large recent studies which confirmed that use of tanning beds increases risk for melanoma, and this risk rises by 75% when artificial tanning is used before the age of 35.

“This is ground-breaking news and substantiates what we've believed for years about the dangers of indoor tanning,” says (insert name of local DERMATOLOGIST spokesperson here), member of The Skin Cancer Foundation's International Advisory Council. “At last it has shown that there is consistent evidence of a link between UV radiation from indoor tanning devices and all major forms of skin cancer, including melanoma. We encourage everyone to refrain from using artificial tanning devices.”

After weighing studies from around the world, a team of 20 top scientists from nine countries added tanning beds to the IARC's “Group One,” which identifies the most harmful forms of radiation, those that are “carcinogenic [cancer-causing] to humans.” Group One includes radiation most people are rarely exposed to (such as plutonium and certain types of radium) as well as more common forms, such as the sun's UVA, UVB, and UVC radiation. Both UVA and UVB radiation penetrate the atmosphere and overexposure to these rays play a key role in conditions such as premature skin aging, eye damage (including cataracts), and skin cancers. They also suppress the immune system, which leaves the body more vulnerable to skin cancers and other conditions.

UV-emitting tanning machines were added to Group One based on consistent evidence of a link between UV radiation from indoor tanning devices (which largely emit ultraviolet A rays) and all major forms of skin cancer, including melanomas of both the skin and eyes. Melanoma is the most dangerous form of skin cancer. The IARC's report, confirming the dangers of UV tanning, reinforces warnings from WHO and multiple other health organizations encouraging people to refrain from using tanning beds.

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“This is a critical time for The Skin Cancer Foundation to be working with our partners from around the world to educate people about the importance sun protection and the need to avoid tanning and UV tanning booths,” said Perry Robins, MD, president of The Skin Cancer Foundation. In order to be protected from the harmful effects of excessive UV exposure, The Skin Cancer Foundation recommends the following sun safety Guidelines:

Seek the shade, especially between 10 A.M. and 4 P.M.

Do not burn.

Avoid tanning and UV tanning booths.

Use a sunscreen with an SPF of 15 or higher every day.

Apply 1 ounce (2 tablespoons) total of sunscreen to all exposed areas, 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.

Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.

Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.

Examine your skin from head-to-toe every month.

See your physician every year for a professional skin exam.

About The Skin Cancer Foundation

As a leader in the fight against skin cancer, The Skin Cancer Foundation is the only global organization solely devoted to the prevention, detection and treatment of the world’s most common cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research. Based in New York, the Foundation’s International Advisory Council is comprised of dermatologists from 24 countries. For more information please visit www.SkinCancer.org.