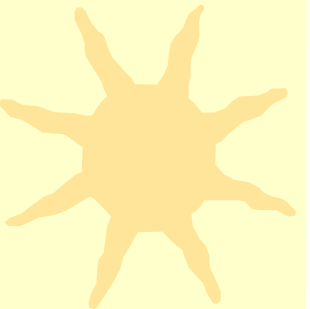
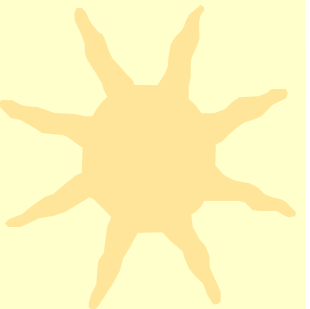


The Dark Side of Tanning



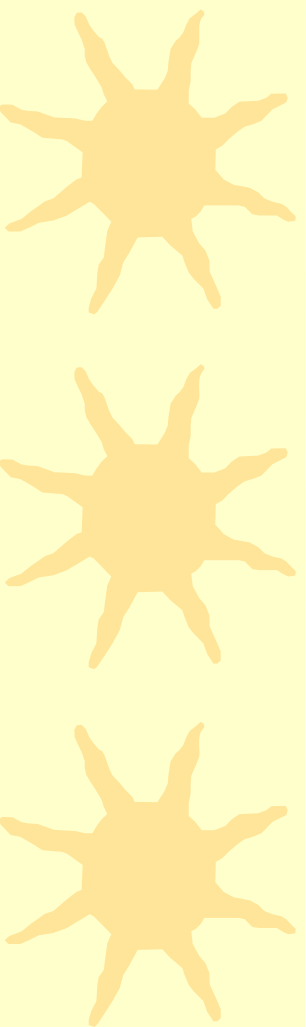
Mary Jean Short, Public Health Nurse

Meg Skinner, Public Health Nurse





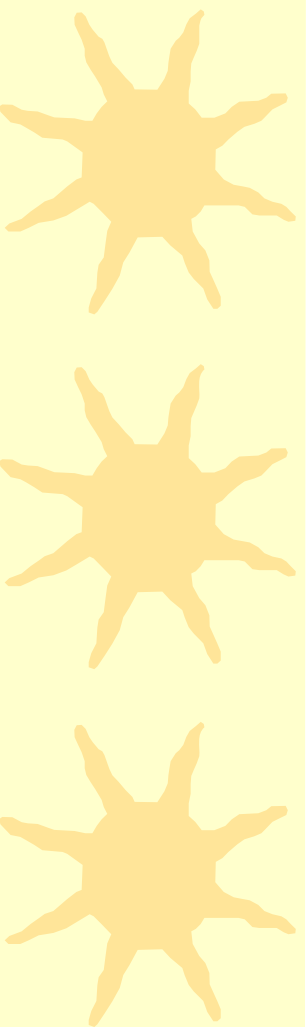
Skin Cancer



- ★ Skin cancer is the most common cancer.
- ★ New skin cancer diagnoses have increased by 30 per cent over the last decade in Canada.
- ★ Canadians have a one in seven chance of developing skin cancer in their lifetime.
- ★ Ninety per cent of skin cancers are preventable.



Mandatory Health Programs and Services Guidelines

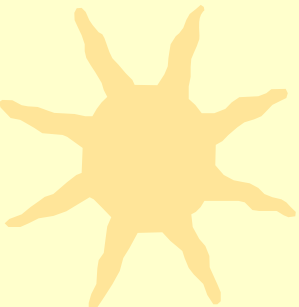
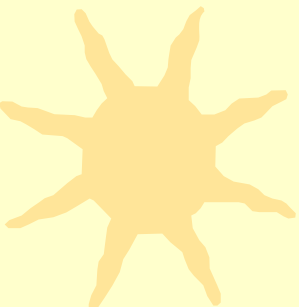
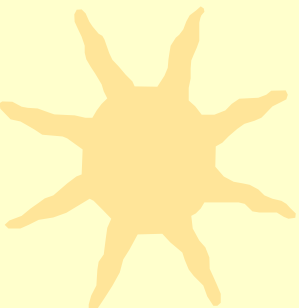


- ★ The board of health shall work with local groups and individuals to provide education and promote policies, which reduce the risk of skin cancers.



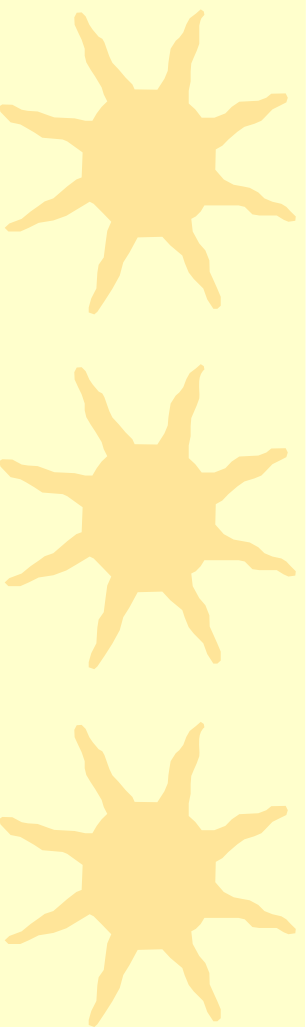
The Goal

- ★ To increase the proportion of the population of all ages who:
 - limit sun exposure
 - use protective clothing and sunscreens when exposed to sunlight
 - avoid artificial sources of ultraviolet light





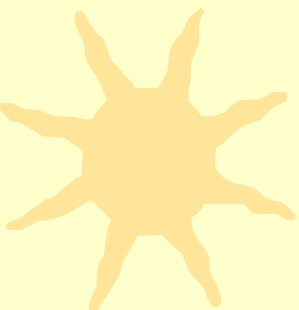
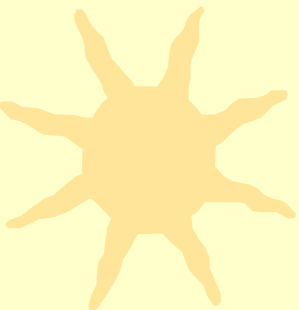
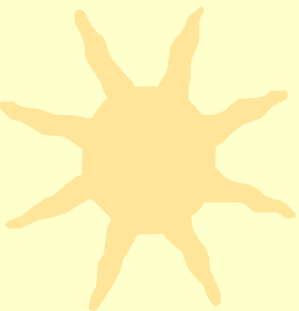
Artificial Tanning: a public health issue



- ★ Artificial tanning beds are a known human carcinogen.
- ★ The tanning industry is growing rapidly.
- ★ There are no government controls on the operation of tanning beds.
- ★ The UVA emitted from a tanning bed is two to five times more intense than the sun.



Artificial Tanning: a public health issue



- ★ Size of the skin area being exposed.
- ★ Access by children.
- ★ Prevention efforts cannot match advertising efforts.
- ★ Misinformation provided to tanning salon owners by distributors is then passed on to customers.

Tanning

BUSINESS



2
98

MAGAZINE FOR THE PROFESSIONAL SUNTANNING INDUSTRY

**DNA damage:
the skin
repairs itself**



• New sunbed laws
on the way

• Smile Please! You're
in Wellness land...

• Two Lovelands

• Cellulite 2000

Tanning

BUSINESS



2
98

MAGAZINE FOR THE PROFESSIONAL SUNTANNING INDUSTRY



**Tanning may
prevent skin cancer**

*Why the Health Education Authority
could have got it terribly wrong!*

• Spring tanned beauty!

• Where the stars
go to tan

• Why hotels invest \$\$\$
in sunbeds

• Know
your equipment

TAN FACTORY

TANS FIGHT CANCER ?

VITAMIN "D" IS KEY

WE GIVE IT AWAY

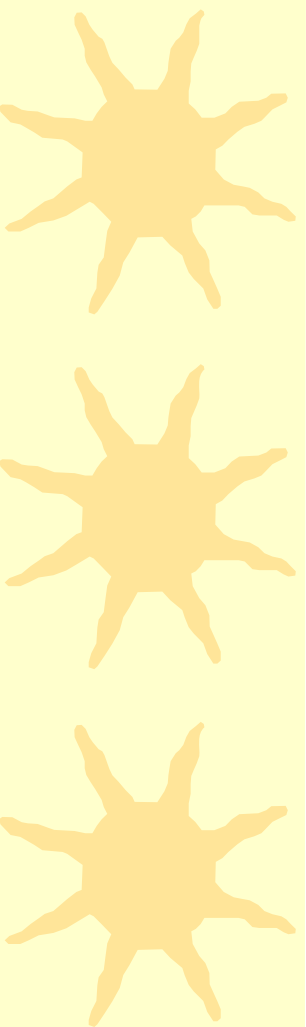
*** * FREE * ***

IN EVERY TAN

DAVIES SIGNS
(519) 232-4718



Vitamin D: The controversy continues...



★ Hormone essential for life

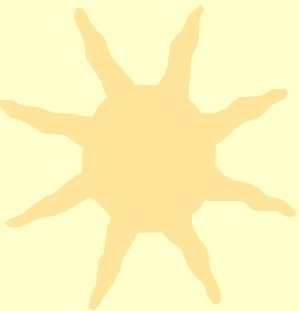
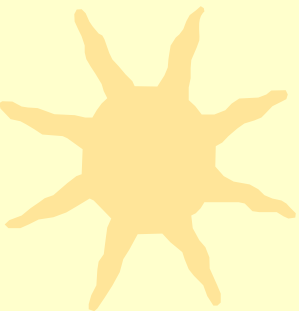
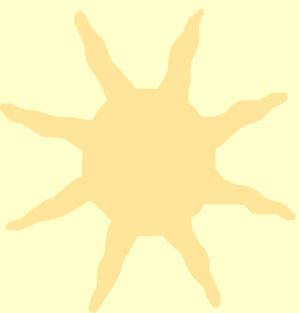
★ Sources:

- diet
- dietary supplements
- photosynthesis in the skin (requires UVB radiation-little is required.)



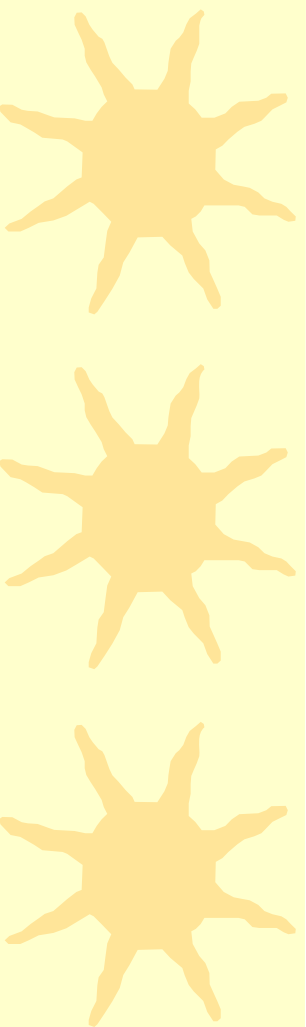
Vitamin D conclusions:

- ★ Minimal sun exposure may be sufficient.
- ★ People at higher risk of deficiency should consider supplementation.
- ★ Advice regarding sun exposure remains.





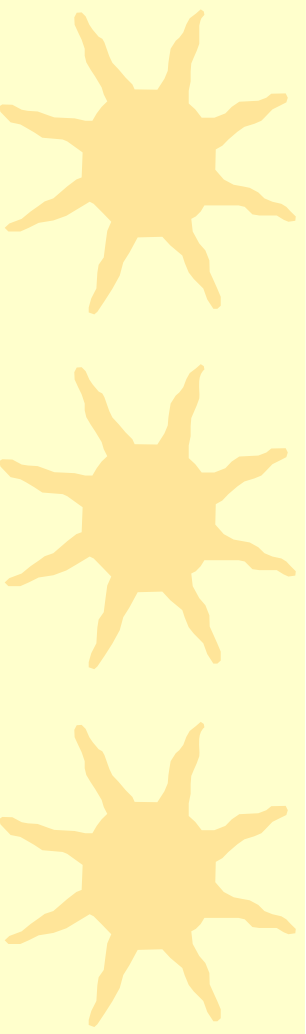
World Health Organization Recommendations



- ★ Encouraging governments to develop legislation governing the operation of tanning equipment.
- ★ Emphasis on:
 - providing better information to consumers.
 - restricting access to those under the age of 18 and other high risk individuals.
 - ensuring proper training of staff.



Position Statements

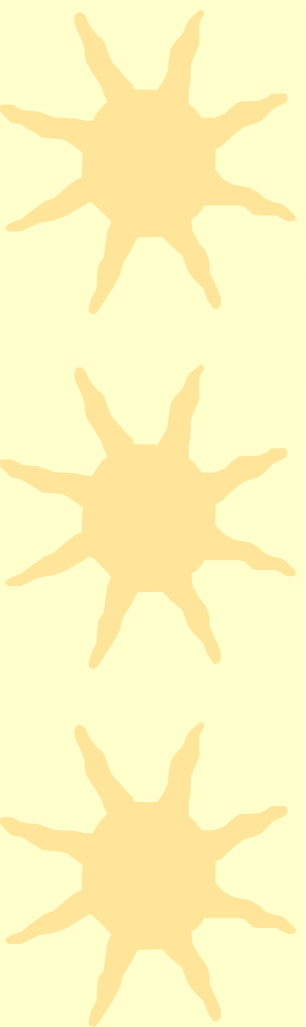


Canadian Cancer Society

Endorses the WHO's recommendation that no person under 18 should use artificial tanning equipment such as tanning beds and lamps.



Position Statements

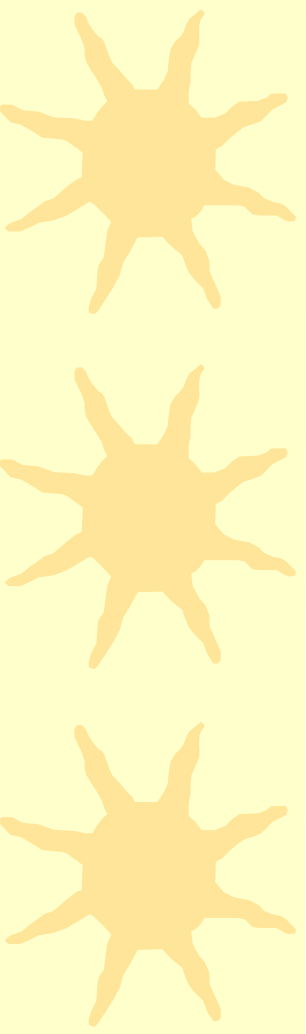


American Academy of Dermatology Association

Opposes indoor tanning and supports a ban on the production and sale of indoor tanning equipment for non-medical purposes.



Position Statements

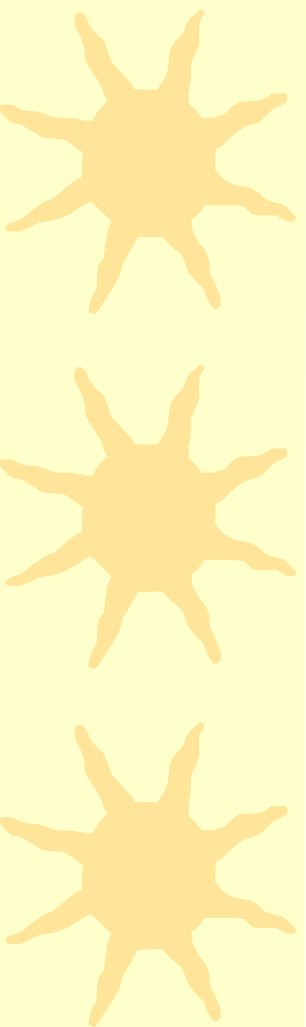


The Cancer Council Australia and
Australasian College of Dermatologists

Do not support tanning in solariums in any
circumstances.



Health Canada's Guidelines for Tanning Salon Operators

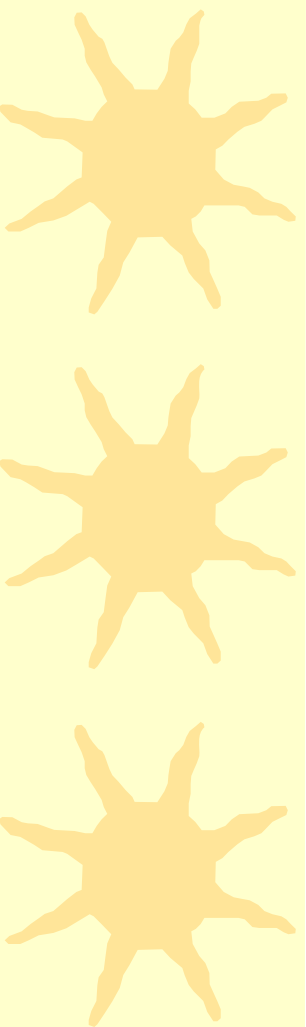


Recommendations for tanning salon owners:

- ★ customers are properly informed of the risks,
- ★ staff are properly trained to assess customers' risk level,
- ★ people with sensitive skin types and youth under 16 not use a tanning bed,
- ★ warning labels are placed on each piece of equipment.



Artificial Tanning Prevention Efforts



- ★ Literature review.
- ★ Focus groups in area high schools.
- ★ Pamphlets, posters, and magazines.

NO TAN IS A SAFE TAN

Tanning is a sign of skin damage which may lead to skin cancer.

Myth #1

A tan from a tanning bed is safe. UV rays from a tanning bed and the sun are the same. Both cause skin damage.



Myth #2

A base tan protects you from sunburn. A tan will only provide a sun protection factor (SPF) of 3. The minimum protection needed is SPF 15.





- A base tan will not protect you from the harmful effects of the sun.
- Go with what works!
- Seek shade, cover up, and use sunscreen.

For more information contact:
KFL&A Public Health at
549-1232 or 1-800-267-7875

PublicHealth 

Tanning:

Travel Alert

tanning bed Nightmare!

Wake
up to the
reality

- Tanning lights may give off five times as much UVA as the sun.
- A tan is evidence of skin damage from exposure to ultra-violet (UV) radiation.
- Just like the sun, tanning lights and sun lamps emit UV rays that can cause premature aging and wrinkling of the skin, as well as skin cancer.
- All the UV rays (natural and artificial) that you have been exposed to in your lifetime add up, your skin never forgets.

For more information contact:
Raise a little health!
(613) 549-1232 ext. 102



Raise a little health

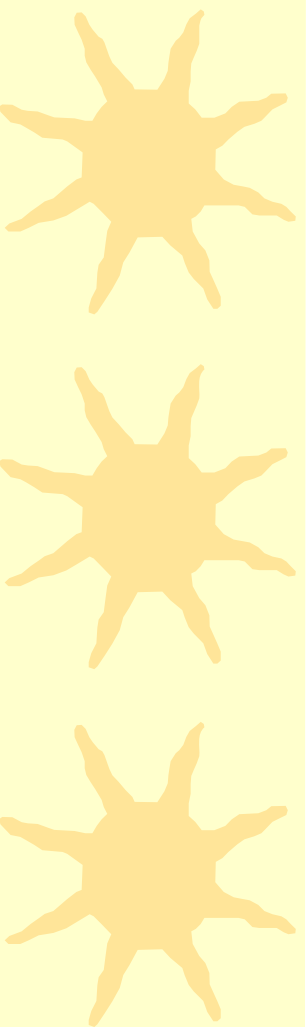


NATIONAL
Public Health

Sources: Canadian Cancer Society, Health Canada



The Naked Truth Campaign



- ★ Awareness campaign in KFL&A area secondary schools before March Break.
- ★ Aimed at students intending to visit the tanning salon before heading south.

This is Alex



**She
enjoyed
music &
clubbing.**

**She
died
at age
22...**



...from skin cancer.

What's could a tan cost you?



Tanning the naked truth

Tanning
causes
wrinkles,
blotchiness,
and sagging
of the skin.

Tanning
increases
your risk
of skin
cancer.

There
is **no**
safe way
to tan.



Tanning the naked truth



NO PERCENT OF SUN DAMAGE OCCURS BEFORE 10 A.M.

USE A BROAD SPECTRUM SUNSCREEN (UVA AND UVB) WITH AT LEAST AN SPF 15.

Limit sun exposure between 11 a.m. and 4 p.m.

Use a broad spectrum sunscreen (UVA and UVB) with at least an SPF 15.

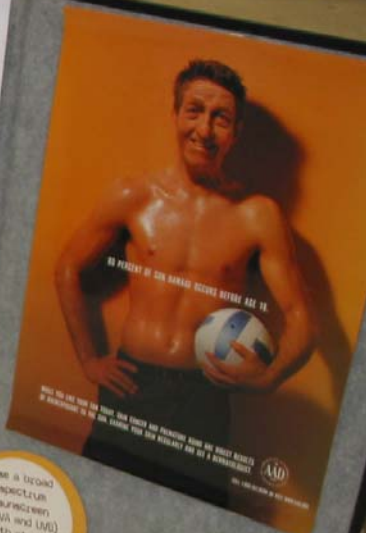
Protect your skin and enjoy your glowing skin for years to come.

Tanning causes wrinkles, blotchiness, and sagging of the skin.

Tanning increases your risk of skin cancer.

There is no safe way to tan.

Public Health



NO PERCENT OF SUN DAMAGE OCCURS BEFORE 10 A.M.

SELF-TANNING CREAMS, AND LOTIONS ARE SAFE AND DO NOT HARM THE SKIN.

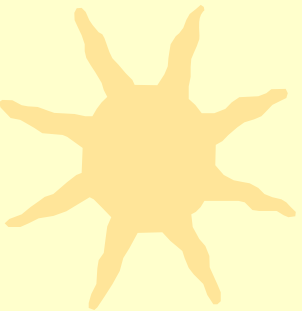
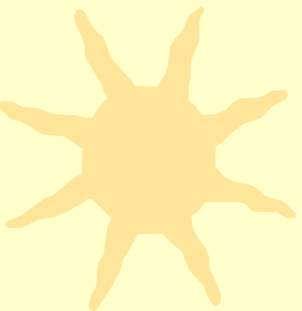
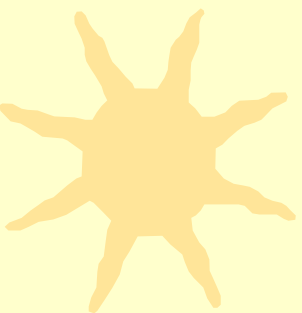
Use a broad spectrum sunscreen (UVA and UVB) with at least an SPF 15.

Cover up and seek shade where possible.

Self-tanning creams, and lotions are safe and do not harm the skin.



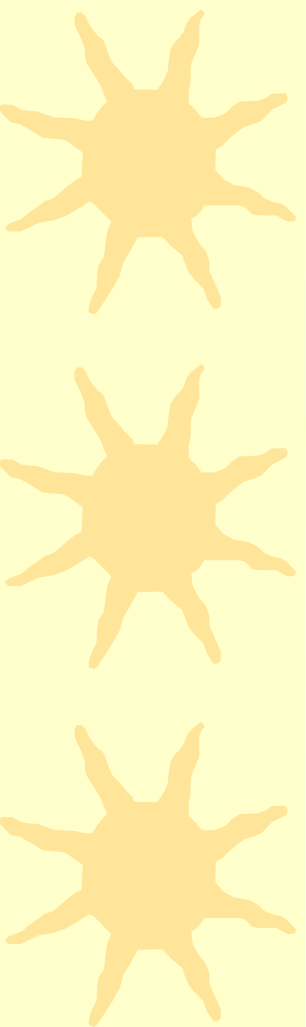
Message to students



- ★ Feel good about your real skin colour.
- ★ If you want to have a tanned appearance, the safest way is to use tanning creams.
- ★ For those who use tanning lights, always protect your eyes by wearing goggles.



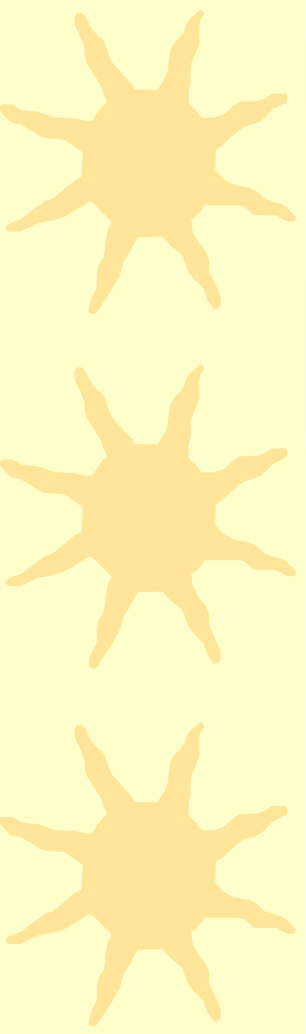
Artificial Tanning Prevention Efforts



- ★ Letters to schools and community agencies who were sponsored by tanning salons.
- ★ Mail out to physicians.
- ★ Newsletter articles to schools.
- ★ Media campaigns.
- ★ Information packages and letter from the Medical Officer of Health sent to tanning salons and health facility owners.



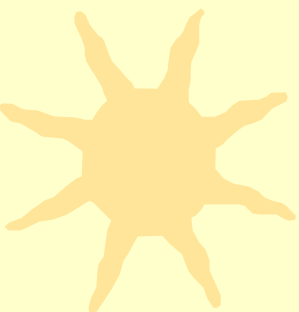
Future Efforts



- ★ Continue awareness campaigns.
- ★ Rapid Risk Factor Surveillance System.
- ★ Environmental health team will visit tanning salons.
- ★ Advocate for provincial legislations that govern tanning salons.



Current message to community



★ Avoid using tanning salons.

★ Limit sun exposure.

★ Seek shade.

★ Cover up.

★ Wear sunscreen.

