

THE FACTS



1

There's no such thing as a "safe" tan!

Don't get tricked by tanning salons claiming tanning will give you vitamin D and a "healthy glow." You can get all the vitamin D you need from a healthy diet and vitamin supplement. If you are concerned about your vitamin D levels, visit your doctor, not a tanning salon!

Tanning is so dangerous that several countries have made it illegal.

2

Tanning can lead to wrinkles and premature aging!

Every time you tan, you speed up your body's wrinkling process and damage your skin cells. It can lead to wrinkles, age spots, premature aging and skin cancer. Yikes!

Any tan that comes from the sun or from a tanning bed is dangerous. Tanned skin is actually a result of DAMAGE to the skin cells.

3

Tanning and melanoma – joined at the hip!

OF COURSE tanning salons are going to deny the link between tanning and melanoma – they're trying to make money! The fact is, using tanning beds before age 30 increases your risk of developing melanoma by 75 percent.

Just one blistering sunburn can double your chances of developing melanoma.

4

Skin cancer doesn't wait for you to get old to strike!

Melanoma is the second most common type of cancer in teens and young adults and is the leading cause of cancer death in women 25 to 30 years old.

Increasing skin cancer rates is NOT the trend you want to follow.

5

Melanoma – not just for blondes and redheads!

Melanoma is the most dangerous type of skin cancer and it does not discriminate – it strikes men and women of ALL ages, races and skin tones.

World-famous reggae musician Bob Marley died of melanoma in 1981 at the age of 36.

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