

Cancer Prevention

Save Your Skin...Avoid Artificial Tanning

Take the True/False (T/F) tanning bed quiz.

Tanning Beds are a safe way to tan.

False. Tanning beds are NOT safer than the sun. Twenty minutes in a tanning bed = four hours in the sun.

A base tan protects the skin from burning

False. A tan is skin damage. Further damage, including sunburn can still occur.

Tanning bed use leads to aging of the skin, wrinkles and sagging of the skin.

True. Like the sun, tanning beds cause skin damage including aging wrinkles and sagging.

Eyes are safe from ultraviolet (UV) rays.

False. Sun and tanning beds cause eye damage. Keep your eyes safe. Wear UV protective sunglasses or goggles.

SPF 15 means – Sun, Play and Forget for 15 hours.

False. SPF = Sun Protection Factor. 30 is the minimum SPF recommended. Remember, reapply after swimming and at least every 2 hours while in the sun.

Unlike the sun, tanning bed use does not result in skin reactions with medications.

False. Like the sun, tanning bed use can result in skin reactions with some medications, including birth control pills and certain antibiotics. If taking medication, ask your doctor or pharmacist about the risks.

Sunless tanning products are safe and effective.

True. Sunless tanning products, a.k.a. tan in a can, are safe and effective. In recent years the formulas used in these products have improved and give the appearance of a natural tan.

For further information on sun safety, visit our website at www.porcupinehu.on.ca or call 1–800–461–1818.

Information adapted with permission from the Thunder Bay Health Unit.