

the Truth about Tanning

Your natural skin color is great the way it is!

Myth

"I have to get a tan to look good."



Truth

You should know your skin will pay a price!

Myth

"Only old people get cancer."

Young women are getting skin cancer more often. The risk is real!

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

Every time you tan, you increase your risk of melanoma.

Myth

"Having a good 'base tan' will protect my skin from the sun."

Truth

A tan is a sign of damaged skin.

Myth

"Tanning beds are a good way to get vitamin D."

Truth

Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

You can get more than a tan from a tanning bed.

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin

