

FACTS INDOOR TANNING



AIM AT MELANOMA FOUNDATION | AIMATMELANOMA.ORG

20 minutes
spent in an
indoor tanning
bed may equal
2-3 hours in the
noontime sun.



Women younger than **30**
are **six times** more likely
to develop melanoma if
they tan indoors.



Researchers estimate
that indoor tanning may
cause upwards of
400,000 cases of skin
cancer in the U.S. each
year.



Even **ONE** indoor tanning
session can increase users'
risk of developing
melanoma by **20 %**.



Using indoor tanning
beds before age 35 can
increase your risk of
melanoma by **59%**.

More people develop
skin cancer because
of tanning than
develop lung cancer
because of smoking.

EXCESSIVE exposure to
UV radiation during
indoor tanning can lead to
PREMATURE skin aging,
immune suppression, eye
damage, and **OCULAR**
MELANOMA.



"I JUST WANTED TO BE POPULAR."

Allison Bailey, Age 20
Melanoma Survivor
Boston, MA

Allison's indoor tanning bed use
caused her to develop skin cancer
at the age of 20. She was diagnosed
with melanoma after noticing
some unusual moles on her legs.
She began tanning as a teenager.

