

Indoor Tanning Addiction

Introduction

Indoor tanning is addictive. There should be a warning label on the outside of tanning beds, just like there are on cigarette packages. People think they have a better appearance when they are tanned. They have said that they look “healthier”, and “more alive”. Funny how that is considering the UV rays for tanning beds increase your risk of skin cancer 10% every time you step into a tanning bed. I chose this topic, well because it was the last one, and it was my only choice. But I can say I am glad I got this topic, because most of my new friends here tan. And I am absolutely terrified of it. So I’m hoping from doing this as my fact sheet, I can influence my friends to stop tanning and tell them they are addicted which is as bad as being addicted to drugs tobacco and alcohol.

Section 1: Background and Problem Statement

- **Web site #1 Name:** [no segment in healthy people 2010] Centers for Disease Control and Prevention
- **Web address:** <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5540a9.htm>
- **Background Information:**
 - In teens indoor tanning is becoming a serious problem. The World Health Organization recommends that no one under the age of 18 use a tanning bed because of the associated increased risk for skin cancer. This is the same for people over the age of 18 as well. Centers for Disease Control and Prevention also recommend that school programs to prevent skin cancer advise students to avoid using sunlamps and tanning beds. A graph on this Web site indicates that in 2005, 8.7% of teens aged 14--17 years used indoor tanning devices. Girls aged 14--17 years were seven times more likely to use these devices than boys in the same age group. The use of indoor tanning devices increased with age from 14 to 17 years. And that survey was taken in 2005. Indoor tanning has gained popularity over the years.
- **Web site #2 Name:** Skin Cancer Foundation
- **Web address:** <http://www.skincancer.org/Tanning/>
- **Background Information:**
 - A tan, whether you get it on the beach, in a bed, or through incidental exposure, is bad news, any way you acquire it. Tans are caused by harmful ultraviolet (UV) radiation from the sun or tanning lamps, and if you have one, you’ve sustained skin cell damage. No matter what you may hear at tanning salons, the cumulative damage caused by UV radiation can lead to premature skin aging (wrinkles, lax skin, brown spots, and more), as well as skin cancer.
- **Web site #3 Name:** HealthFinder.gov
- **Web address:** <http://www.healthfinder.gov/news/newsstory.aspx?docID=638243>
- **Background Information:**

- If, for some people, tanning is a way to cope with emotions, then there are obviously healthier ways to do so than going to tanning salons every week," said study co-author Catherine E. Mosher, a postdoctoral research fellow in department of psychiatry and behavioral sciences at Memorial Sloan-Kettering Cancer Center, New York City. "Counseling could be a logical intervention for these people who have excessive visits to tanning salons." Skin cancer is the most common malignancy, accounting for about half of all human cancers, Mosher said, and about 90 percent of all skin cancers are due to ultraviolet (UV) radiation. The disease can be disfiguring and sometimes fatal. The risks of indoor tanning are concerning enough that U.S. health advisors in March recommended a potential ban or at least stronger label warnings on the use of tanning beds by people under the age of 18. While other studies have also reported an addictive potential in tanning, none have focused specifically on indoor tanning, as this study does.

Section 2: Research

Web site #1 Name: PubMed.Gov

- **Web address:** <http://www.ncbi.nlm.nih.gov/pubmed/20404230>
- **Summary of the research:**
 - Department of Psychiatry and Behavioral Sciences, Memorial Sloan-Kettering Cancer Center in New York, constructed a study with a total of 241 college students. The researchers wanted to see if there was any relation to tanning addiction through self-reported addiction to indoor tanning, substance use, and symptoms of anxiety and depression. The results were 229 study participants who had used indoor tanning facilities, 90 (39.3%) met DSM-IV-TR criteria and 70 (30.6%) met CAGE criteria for addiction to indoor tanning. Students who met DSM-IV-TR and CAGE criteria for addiction to indoor tanning reported greater symptoms of anxiety and greater use of alcohol, marijuana, and other substances than those who did not meet these criteria. Depressive symptoms did not significantly vary by indoor tanning addiction status. Findings suggest that interventions to reduce skin cancer risk should address the addictive qualities of indoor tanning for a minority of individuals and the relationship of this behavior to other addictions and affective disturbance.

- **Web site #2 Name:** HealthFinder.gov
- **Web address:** <http://www.healthfinder.gov/news/newsstory.aspx?docID=638243>
- **Summary of the research:**
 - As part of their research, the study authors modified two standard measures of addiction to fit the context. Then, 421 students at SUNY Albany were asked to fill out questionnaires about their indoor tanning habits, substance use and any anxiety or depression they may have experienced. Questions addressed such issues as whether the person had unsuccessfully tried to cut down on their indoor tanning sessions, irritation when people suggested they stop, guilt about the behavior and whether or not they thought about indoor tanning excessively. Thirty to 40 percent of students met one of the two addiction criteria used here.

These same participants had about twice the level of anxiety and reported more use of alcohol, marijuana and other illicit substances than non-addicted tanners. Those considered addicted to tanning lay in tanning beds up to 100 times a year, Mosher said. That's hardly as many times as a crack cocaine addict is likely to light a pipe but, she pointed out, addiction is not just about how often you engage in the behavior.

- **Web site #3 Name:** American Scientists
- **Web address:** <http://www.americanscientist.org/science/content1/9464>
- **Summary of the research:**
 - The study screened college students using two standard questionnaires designed to assess addiction and modified to assess tanning behavior. Among 229 people who said they had used indoor tanning facilities in the past, 39% met one measure's criteria for addiction; 30% met the other measure's criteria. The tanners were aware that repeated exposure to ultraviolet light, either indoors or outside, increases the risk of several types of skin cancer, including the most dangerous type, melanoma, said the study's lead author, Catherine E. Mosher, a post-doctoral research fellow in psychiatry and behavioral science at Memorial Sloan-Kettering Cancer Center in New York.

Section 3: Statistics

- **Web site #1 Name:** Skin Cancer Foundation
- **Web address:** <http://www.skincancer.org/Tanning/>
- **Summary of the statistics:**
 - Indoor ultraviolet (UV) tanners are 74 percent more likely to develop melanoma than those who have never tanned indoors. Additionally, the more time a person has spent tanning indoors, the higher the risk. Melanoma is the deadliest form of skin cancer, killing approximately 8,650 Americans in 2009. In a study of 1,167 melanoma cases and 1,101 people without melanoma (controls) found that almost 63 percent of the melanoma patients but just over 51 percent of the control group had tanned indoors. Ultraviolet radiation from tanning machines is cancer-causing to humans, according to a 2009 report released by the International Agency for Research on Cancer (IARC), affiliated with the World Health Organization.
- **Web site #2 Name:** American Academy of Dermatology
- **Web address:** http://www.aad.org/media/background/factsheets/fact_indoortanning.html
- **Summary of the statistics:**
 - On an average day in the United States, more than 1 million people tan in tanning salons. Nearly 70 percent of tanning salon patrons are Caucasian girls and women, primarily aged 16 to 29 years. Nearly 28 million people tan indoors in the United States annually. Of these, 2.3 million are teens. In 2010, the indoor tanning industry's revenue is estimated to be \$2.6 billion. Studies have found a 75 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning. In a recent survey of adolescent tanning bed users, it was

found that about 58 percent had burns due to frequent exposure to indoor tanning beds/lamps.

- **Web site #3:** Skin Cancer Facts
- **Web address:** <http://www.skincancer.org/Skin-Cancer-Facts/>
- **Summary of the statistics:**
 - About 90 percent of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun. Ultraviolet radiation (UVR) is a proven human carcinogen, according to the U.S. Department of Health and Human Services. Nearly 30 million people tan indoors in the U.S. every year 2.3 million of them are teens. On an average day, more than one million Americans use tanning salons. 71% of tanning salon patrons are girls and women aged 16-29. First exposure to tanning beds in youth increases melanoma risk by 75 percent. People who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.

Section 4: Consumer Information

- **Web site #1 Name:** I Need 2 Know
- **Web address:** <http://www.ineed2know.org/IndoorTanning.htm>
- **Summary of the information:**
 - People who indoor tan use protective goggles because too much exposure to ultraviolet rays can damage the eye's retina, burn the cornea and change the structure of the eye's lens. The intensity of light in a tanning device is greater than outdoors in the sun. The FDA requires tanning salons to direct all customers to wear protective goggles.
 - The combination of ultraviolet rays and some medicines, birth control pills, cosmetics, and soaps may accelerate skin burns or produce painful adverse skin reactions, such as rashes. In addition, tanning devices may induce common light-sensitive skin ailments like cold sores, and be harmful to people with diabetes and lupus.
- **Web site #2 Name:** FDA Food and Drug Administration
- **Web address:** <http://www.fda.gov/radiation-emittingproducts/radiationemittingproductsandprocedures/tanning/default.htm>
- **Summary of the information:**
 - Exposure to UV radiation, whether from the sun or indoor tanning beds, can cause: skin cancer, skin burns, premature aging and eye damage (both short – and long-term)
- **Web site #3 Name:** IRS.gov
- **Web address:** <http://www.irs.gov/businesses/small/article/0,,id=224600,00.html>
- **Summary of the information:**
 - Indoor tanning service providers are responsible for collecting the tax from the person paying for the service and in some situations, from the person receiving the service. Solutions to the Problem (or Issue). Taxable indoor tanning service

means a service employing any electronic product designed to incorporate one or more ultraviolet lamps intended for the irradiation of an individual by ultraviolet radiation, with wavelengths in air between 200 and 400 nanometers, to induce skin tanning.

- Phototherapy service is a service which exposes an individual to specific wavelengths of light for the treatment of dermatological conditions, sleep disorders, seasonal affective disorder or other psychiatric disorder, neonatal jaundice, wound healing, or other medical condition determined by a licensed medical professional to be treatable by exposing the individual to specific wavelengths of light.

Section 5: Solutions to the Problem (or Issue)

- **Web site #1 Name:** Self Tanning Spray
- **Web address:** <http://selftanningspray.org/>
- **Summary of the information:**
 - Not everyone likes to tan, either because of personal belief or restrictions from doctors or medications, some people stay away from tanning beds. A safe, alternative method that will get you tan quick is self tanning lotion.

- **Web site #2 Name:** Sunless tanning Spray
- **Web address:** <http://sunlesspraytanning.org/a-brief-history-of-sunless-tanning-lotion-2.html>
- **Summary of the information:**
 - There have been some developments in sunless lotion since the 1980s. Tricks have been learned to make sunless tanning lotion work better for all people, including using it in conjunction with other tanning lotions and with exfoliation and moisturizing techniques. Developments have been made to allow sunless tanning lotion to work for a broader range of different skin tones. But the basics of the product remain the same. You place it on, wait for it to develop and come out with that even tan that you were looking for. This requires no UV radiation therefore a safer alternative to indoor tanning.

- **Web site #3 Name:** Teens Health
- **Web address:** <http://kidshealth.org/teen/safety/safebasics/tanning.html>
- **Summary of the information:**
 - Airbrush tans may look more like a natural tan with more even results. With an airbrush tan, a salon technician will hook up a DHA solution to a spray compressor and spray the tan onto you. Your eyes, lips, and nose will be covered to protect them during the process, which takes anywhere from about 5 seconds to 1 minute. A few hours after the application, you'll start noticing your new, safe tan.

Conclusions

From this I have learned that there is a lot more risks than just skin cancer to indoor tanning. I have warned my friends who go tanning after doing this project. They still do not believe all the eye damage and skin rashes can occur. I also learned this is an addictive habit. Tanning makes

people feel good, as well as ‘look good’ but what’s ‘looking good’ if you are not healthy. This research will continue my opinion on never stepping into a tanning bed.

Five-minute Twitter Brief

<http://twitter.com/Pch201wellness>

“Snooki said stopped tanning b/c a 10% sales tax put on tanning, real reason was result of intervention w/ Skin Cancer Foundation. –Hozian”

Snooki from MTV's "Jersey Shore" announced “I don’t go tanning anymore, because Obama put a 10 % tax on tanning.” The real reason that Snooki no longer uses a tanning bed is actually the result of an intervention with The Skin Cancer Foundation’s Senior Vice President, Dr. Deborah S. Sarnoff. Recently, Dr. Sarnoff sat down with the cast of MTV’s hit show to discuss the dangers of tanning and its connection to skin cancer. The intervention was successful and the "Jersey Shore" roommates made the switch to spray tanning.

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