



'SUNDEAD' LUCIANO PODCAMINSKY

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Canadian Cancer Society
Société canadienne du cancer



#TANBEDBAN



Indoor Tanning Tan Bed Ban. Take Action.

DID YOU KNOW?

Provincial 2013

- Indoor tanning causes cancer. Ultraviolet radiation (UVR) released by indoor tanning equipment is a carcinogen. A carcinogen is a substance that when we come into contact with it, is capable of causing cancer
- Indoor tanning equipment can emit UVR at levels that are 5X stronger than the mid-day summer sun
- Indoor tanning before the age of 35 significantly increases a person's risk of developing melanoma skin cancer
- Melanoma skin cancer is deadly. If melanoma is not caught early it can spread from your skin into other parts of your body
- Young people can get melanoma skin cancer. Melanoma is the most common form of skin cancer in young Ontarians aged 15-29 years of age and is one of the most preventable
- To protect youth we need laws in place to ban youth from accessing tanning beds in Ontario. Four provinces have already passed indoor tanning legislation



- In Ontario, a shocking 21% of youth in grade 12 use tanning beds.

Debunking Tanning Industry Myths

- Tanned skin is damaged skin. A tan from natural or artificial sources offers very limited protection from sunlight or burning – it's only equivalent to SPF 2 or 3!
- Vitamin D can be obtained from small amounts of sun exposure and from other sources such as food and vitamin supplements.

The Tanning Industry Is Targeting YOU

- Some common advertising strategies include: targeted discounts for students and teens around specific times of the year, online group coupons, ads in school yearbooks or agendas.

The Tanning Industry Cannot Regulate Itself

- Health Canada has put in place *voluntary guidelines* for tanning salons to follow. The guidelines state that children under 18 and those with sensitive skin who always burn and never tan should not use indoor tanning beds.
- In 2008, the Society conducted a secret audit of the industry and found that 60% of tanning salons did not ask the age of our minor (under 16) researchers nor did they identify fair skinned patrons and advise them not to tan.
- These findings prove that the tanning industry is not willing to regulate itself when given voluntary guidelines.

What can government do?

The Society is calling on the Government of Ontario to:

- Restrict tanning beds for youth under 18.
- Ban indoor tanning promotions targeted at youth.
- Start a registry and licensing system so we know where tanning beds are in our community.
- Thoroughly train all staff operating indoor tanning equipment.
- Clearly display the health risks associated with indoor tanning in all salons.

Visit www.takeaction.cancer.ca.



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TAKE ACTION!

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