

Save Your Skin

Promise

Did you know?

- ♦ Melanoma is the second most common form of cancer for young women 15-29 years old.
- ♦ Exposure to ultraviolet radiation from the sun and tanning beds is the most preventable risk factor for all skin cancers, including melanoma.
- ♦ The FDA recently requires a black box warning on all tanning beds that states **“should not be used on people under the age of 18.”**



By signing below, I promise to protect my skin by having healthy sun safety behaviors and will not use tanning beds.

Name _____

School _____

Email _____

Skin Cancer Awareness and Prevention Day at the State Capital- February 4, 2015

Free skin cancer screenings opened to the public

10:00 AM to 1:00 PM

No appointment needed.

Location: House of Delegates Office
Building Room 170 (Montgomery Co. Delegation)

Sponsored by:

- ◆ American Academy of Dermatology Association and
- ◆ Maryland Dermatologic Society

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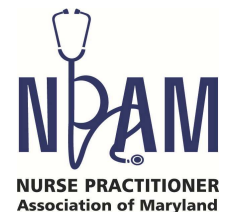
KNOW THE FACTS

- In the United States, melanoma (an aggressive form of skin cancer) is one of the most commonly diagnosed cancers in young adults.
- More than 1500 new cases of melanoma are expected to be diagnosed in Maryland and approximately 180 Marylanders will die of melanoma this year.



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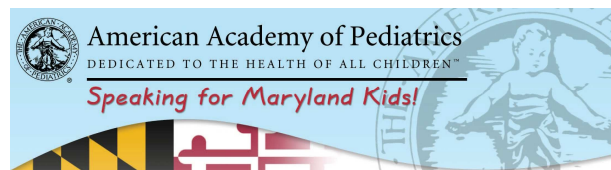
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THE FACTS ABOUT TANNING BEDS

Prohibit minors from using indoor tanning beds

- Ultraviolet (UV) radiation from tanning beds has been classified as a known human carcinogen by the US Department of Health and Human Services, and is recognized as “carcinogenic to humans” by the World Health Organization’s International Agency for Research on Cancer in the same category as tobacco and tobacco smoking, mustard gas, and asbestos.¹
- More than 1400 new cases of melanoma are expected to be diagnosed in Maryland this year and approximately 180 Marylanders will die of melanoma.²
- Studies have found using a tanning bed before the age 35 increases the risk of melanoma by 59%.³
- Studies have demonstrated that exposure to UV radiation during indoor tanning damages the DNA in the skin cells. Excessive exposure to UV radiation during indoor tanning can lead to premature skin aging, immune suppression, and eye damage, including cataracts and ocular melanoma.⁴⁻⁸
- A recent Center for Disease Control (CDC) study showed that among non-Hispanic white female high school students, just over 29 percent used an indoor tanning device at least once over a 12-month period, and almost 17 percent admitted to frequent (at least ten times over a 12-month period) indoor tanning use, increasing their risk of melanoma by 1.8 percent per session per year.⁹



MARYLAND ACADEMY OF
FAMILY PHYSICIANS
ABLE, RESPONSIVE FAMILY PHYSICIANS SERVING THEIR COMMUNITY

Maryland Dermatologic Society, Inc.



National Council on
Skin Cancer Prevention



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