Save Your Skin

Promise

Did you know?

- Melanoma is the second most common form of cancer for young women15-29 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

For more information contact Russ at rkujan@medchi.org.

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.

American Academy of Dermatology AAD 1938

AiM AT MELANOMA AIM for Answers. AIM for Action. AIM for the CURE.

Cancer Action Network American Cancer Society

ASDSA American Society for Dermatologic Surgery ASSOCIATION

Society of Dermatology Physician Assistants SDPA EST 1994

Center for a HealthyMaryland

dna DERMATOLOGY NURSES' ASSOCIATION

MedChi The Maryland State Medical Society

Maryland Dermatologic Society, Inc.

ESTABLISHED 1957

NPAM NURSE PRACTITIONER Association of Maryland

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]

Advocates FOR CHILDREN & YOUTH

AMERICAN ACADEMY OF DERMATOLOGY AAD 1938

American Academy of Pediatrics DEDICATED TO THE HEALTH OF ALL CHILDREN™ Speaking for Maryland Kids!

Cancer Action Network American Cancer Society

AiM AT MELANOMA AIM for Answers. AIM for Action. AIM for the CURE.

ASDSA American Society for Dermatologic Surgery ASSOCIATION

dna DERMATOLOGY NURSES' ASSOCIATION

MedChi The Maryland State Medical Society

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

Maryland Dermatologic Society, Inc.

JOANNA M. NICOLAY MELANOMA FOUNDATION

MDCSCO MARYLAND/DISTRICT OF COLUMBIA SOCIETY OF CLINICAL ONCOLOGY

National Council on Skin Cancer Prevention

SOCIETY OF DERMATOLOGY PHYSICIAN ASSISTANTS SDPA EST 1994

1. IARC Working Group. Special Report: Policy; A review of human carcinogens –Part D: radiation. Lancet Oncology 2009; 10: 751-52.
2. American Cancer Society. “Cancer Prevention and Early Detection Facts and Figures 2013”. Atlanta: American Cancer Society; 2013.
3. Boniol B, Autier P, Boyle P, Gandini S. “Cutaneous melanoma attributable to sunbed use: systematic review and meta-analysis”. British Medical Journal, 2012; 345:e4757. Correction published December 2012; 345:e8503
4. Whitmore SE, Morison, WL, Potten CS, Chadwick C. Tanning salon exposure and molecular alterations. *J Am Acad Dermatol* 2001;44:775-80.
5. Piepkorn M. Melanoma genetics: an update with focus on the CDKN2A(p16)/ARF tumor suppressors. *J Am Acad Dermatol*. 2000 May;42(5 Pt 1):705-22; quiz 723-6.
6. Vajdic CM, Kricker A, Giblin M, McKenzie J, Aitken JF, Giles GG, Armstrong BK. Artificialultraviolet radiation and ocular melanoma in Australia. *Int J Cancer*. 2004 Dec 10;112(5):896-900.
7. Walters BL, Kelly TM. Commercial tanning facilities:a new source of eye injury. *Am J Emerg Med* 1987;120:767-77.
8. Clingen PH, Berneburg M, Petit-Frere C, Woollons A, Lowe JE, Arlett CF, Green MH. Contrasting effects of an ultraviolet B and an ultraviolet A tanning lamp on interleukin-6,tumour necrosis factor-alpha and intercellular adhesion molecule-1 expression. *Br J Dermatol.* 2001 Jul;145(1):54-62.
9. Guy, GP. *JAMA Internal Medicine,* August 2013.

For more information contact:

Bonita Pennino, American Cancer Society Cancer Action Network at bonita.pennino@cancer.org

Lisa Albany, American Academy of Dermatology at LAlbany@aad.org