

About Us

The BC Cancer Agency cares for people with cancer in British Columbia from diagnosis to survivorship. The **Prevention Programs** helps people practice prevention that can lower the risk of cancer by 50 percent.

More than half of all cancers are preventable. For more information visit us online at www.bccancer.bc.ca/PPI/prevention

Find out more about sun safety at www.suntips.ca

Are you a cancer survivor? Learn more about healthy survivorship at www.prevention4survivors.org

Healthy living and cancer prevention for teens is at www.hi5living.org



For more information on preventing skin cancer or other cancer risk factors, please contact a Prevention Educational Leader in your region:
www.bccancer.bc.ca/PPI/Prevention/Team

If you would like to order copies of this or other brochures, please call or email:
1-800-663-3333 ext.6227
info@preventionprograms.org

Will your wrinkles look as cute as his?



Only you can decide if getting a tan is worth it. But you should know that UV light makes your skin **wrinkled**, **saggy**, **spotty**, and **discoloured**.

Is that really what you want? Make sure you **have the facts** before you climb into a tanning bed.



**Eggs are for frying,
skin isn't.**

THE TRUTH *about* tanning beds

**When your skin
colour changes,
it's damaged.**

Tanning beds can
increase your risk of
skin cancer by as
much as 75%.

Here are the Facts

- 1 Ultraviolet (UV) light from the sun and from tanning beds can cause skin cancer. Some kinds of skin cancer—like melanoma—can kill you, even if you're in your teens or 20s. The more sun you get, the more dangerous it is.
- 2 Avoid sunlamps and tanning salons. All tanning beds use UV light. No tanning bed or sunlamp can give you a safe tan.
- 3 There is no such thing as a safe tan. A tan will not protect you from sunburns. It will not make you healthier. A tan means your skin's DNA has been damaged.
- 4 UV light from tanning beds and from the sun makes you look older faster.

Alternatives to Tanning

- 1 Your skin looks great the way it is, but if you want a "bronzed look" then sunless (UV free) tanning is the only safe way to do it. You can get a sunless tan at home or in a salon and these products are available in a cream, lotion, spray, or gel. They darken your skin without exposing you to either the sun or a tanning bed. A tan does not protect you from the sun, so always be sun safe.
- 2 Try a little summer makeup for that tanned look. Bronzers and blushers are better than damage from tanning.

**Damage to skin
from tanning is
permanent.**

Vitamin D

- 1 You don't need to fry your skin to get Vitamin D. Have a tuna sandwich and a glass of milk instead—they're good sources of the sunshine vitamin.
- 2 Still not convinced about Vitamin D? Talk to your doctor about taking a supplement.



**UV radiation is a
carcinogen.**



**Looking like Gramma
in half the time!**

**SKIN CANCER
is the second most
common cancer
in youth.**

Tanning beds and direct sunlight cause wrinkling, sagging, yellowing,
and really ugly age spots. The more you tan, the more damage you do to yourself.