

Your skin health, why it matters, and what it will cost you

Now that we've learned how damaging UV rays are to your health, it's time to examine the safest and most affordable method of tanning. Spray tanning is safer than any form of tanning, is cheaper than tanning beds, and does not increase your risk of skin cancer. On the other hand, any type of UV tanning greatly increases your risk of developing skin cancer. Why is it worth putting yourself through that danger just to get a "real" tan? It's also important to remember that this isn't even factoring any costs associated with potential skin cancer/skin care treatment!

Method	Cost
Standard 1-time tanning bed ₁	~\$30
Yearly tanning bed package	\$200-\$400
(Home) spray tan ₂	\$5-\$30
Spray tanning machine	\$25-\$50

If you decide to continue tanning (whether indoors or outdoors), the chart below shows what it would actually cost you. One person being diagnosed with preventable skin cancer is unfortunate and should be avoided at all costs. However, when many people ignore the dangers of tanning, it adds up to an even bigger problem.

Stage IV cancer treatment ₃	\$56,059
All skin cancer cases from tanning beds in U.S. (annual) ₄	\$343.1 million
All skin cancer cases from tanning beds in U.S. (lifetime)	\$127.3 billion

Facts

More than 419,000 cases of skin cancer in the U.S. each year are linked to indoor tanning, including about 245,000 basal cell carcinomas, 168,000 squamous cell carcinomas, and 6,200 melanomas.₅

People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent.

More skin cancer cases are due to tanning beds than lung cancer cases from smoking.₆

Thoughts

A lot of people don't realize how damaging tanning beds are to your health, especially when you are young. Although tanning beds may seem nice in the moment, they aren't

something worth risking your health over. If someone were to put a cigarette and tanning bed in front of you and ask which was more likely to cause cancer, very few would guess that the tanning bed was actually a larger culprit. Smoking used to be popular, and even encouraged through media. Now, there are programs warning youth against the dangers, and methods for how they can quit. Tanning beds are next, and it starts with people taking a stand and saying that tanning beds are not for them. The choice is yours!

Sources

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