

You Got My Back Mom?

"You Got My Back Mom?"
An eBook about Skin Cancer



ORGANIC BRONZE BAR

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INTRODUCTION - “Got My Back Mom?”

As a small business owner, I open every new business with a purpose in mind. Of all the businesses I own, the Organic Bronze Bar is the closest to my heart. The purpose of this business is to educate people on the risks of skin cancer and to provide healthy alternatives to UV tanning.

Our focus is to teach people how dangerous tanning beds are, especially for early aged tanners. It is also important to know that the sun can be equally harmful to a person’s long-term health. With Organic Airbrush Tanning, we have created a healthy alternative to those who seek a healthy glow. It is our goal to inform everyone about the real risks, facts, statistics, and stories associated with the sun and tanning beds.

When I was a teen, we were never educated on the dangers of UV tanning. We would lather on the baby oil and off we went, baking in the sun for hours! And of course, we would frequently use dangerous UV tanning beds. I’ve been lucky so far not to be diagnosed with skin cancer but many friends, family, and clients get the news of skin cancer daily. It’s eye opening to learn that in the US alone, one person an hour dies from skin cancer.

We are specifically reaching out to parents and families of teenagers. These young people are the majority of UV tanning bed users. We hear stories every day in our business regarding a teen that is diagnosed and or dying.

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We recently heard of a 15 year old who used a UV tanning bed for only a single month in order to get a tan for her school dance. That same teenager, from that one experience, developed skin cancer. She has had to undergo multiple surgeries, including one on her cheek, which has left her with a large hole in her face and another under her upper arm.

Our teens are being deformed and disfigured and many are even facing early death. **I ask; “Whose responsibility is it to protect our children?” and I answer; “it’s the responsibility of the parents or family members.”** As family members, we cannot allow our children to tan in UV tanning beds, or allow them to be in the sun without protection. If we want our children to live long healthy lives then we must educate them on how to protect themselves.

There are so many news articles, TV programs, and Internet videos available, which show real stories regarding this topic. The stories that stick in my mind are the ones like the 22-year old girl who was diagnosed at 16 years old with skin cancer and is now leaving behind a young child and husband. That to me is incredibly sad.

This book is a quick read to help educate both you and your loved ones. It is important for everyone to learn about the dangers of UV tanning beds; likewise, we should all be aware of ways to stay protected when basking in sun’s harmful rays.

If your teen says, “You got my Back Mom, Dad, or important family member?” you will be able to confidently say “YES!”

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Please share this book and help us save lives.

With you, as we protect our youth,

Danielle Van Auken/Owner - Organic Bronze Bar

Chapter I: Facts/Statistics about Skin Cancer

Our skin is the largest organ of the body. It covers and protects the internal organs of our body and acts as a barrier between the harmful germs and the internal organs. It also prevents the loss of excessive fluids from the body and helps in regulating body temperature. However, just like all the other organs our body, the skin too is vulnerable towards dreadful diseases such as cancer. The cancer that occurs on the skin is known as skin cancer.

Some Statistics about Skin Cancer

Skin cancer, is in fact one of the most common forms of cancer. According to the American Cancer Society, skin cancer accounts for almost half of the cases of cancers in the United States of America. Two million cases of non-melanoma skin cancer are reported in the United States alone, every year. According to the figures released by the American Cancer Society, there were around 68,130 cases of skin cancer reported in the US in the year 2010 and accounted for 8,700 of all the 11,790 deaths that occur due to skin cancer every year in the United States.

The Rise in the Rate of Skin Cancer

Skin cancer is quite common in the United States. This is mainly because; even though the majority of the people in the US understand the consequences of overexposure to the sun, not many of them do anything in order to protect their skin from the harmful rays of the sun. It is mainly due to this fact that the cases of skin cancer in the US are on the rise.

As per the American Cancer Society, approximately one person dies from melanoma every hour in the US. If this trend continues, then every one in five Americans will fall prey to skin cancer during his/her lifetime.

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Year on Year Increase in the Cases of Skin Cancer

Melanoma, the deadliest form of skin cancer is rising at an alarming rate. For instance, one in 5,000 Americans used to develop melanoma in the 1930s during their lifetime but now there has been a rapid increase in this ratio. For instance, ratio of people developing skin cancer has jumped high. This is evident from the fact that every 1 in 65 Americans develop skin cancer by the year 2004.

Increased Rate of Risk of Skin Cancer in Teenagers

Another thing that needs special attention is the increasing rate of risk of skin cancer among teenagers as they are the ones who undergo skin tanning, which according to the Journal of the National Cancer Institute increases risk of skin cancer. According to the journal, teenagers who tan their skin frequently, increase their risk of developing squamous cell carcinoma by 2.5 percent, that of basal cell carcinoma by 1.5 percent than those who don't tan their skin. More and more teenagers are becoming vulnerable to skin cancer than adults as their skin cells are dividing more rapidly than those of adults due to skin tanning through artificial and harmful means such as using UV tanning beds. This needs special attention because 2.3 million teens visit tanning salons once a year as they feel they look better with a tan. As many as 37 percent of white female adolescents and 11 percent of white male adolescents between the age of 13-19 have already used tanning booths once in a year in the United States.

In Canada, the tanning salons cater to children as young as eight year olds and it was due to this reason that the public health officials in Canada launched a huge campaign to ban the use of tanning beds except for the medical purposes.

Several states in the United States have also banned indoor tanning for children less than 14 years of age whereas other states are on the verge of imposing such ban. Other states in the United States have now made it mandatory to have parental consent for tanning booth for children in the 14-17 years of age.

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In addition, cancers in children mostly go undiagnosed, as majority of doctors do not look for symptoms of skin cancer in youngsters. Furthermore, there are also no set guidelines for conducting a skin examination in children. Considering all these factors, it has become mandatory for parents to take proper care of their children to prevent them from increasing the risk of skin cancer.

To understand why there is so much fuss about the increase in the rate of skin cancer, it would be helpful if we look at what exactly skin cancer means and how it occurs and why today more and more teenagers are increasing their chances of developing this fatal disease. The following chapters will give you a proper insight of all these things,

Chapter II: What is Skin Cancer?

A person gets cancer when there is damage to the DNA, a molecule found in cells. These damaged cells begin to grow and spread uncontrollably. When this phenomenon occurs in the skin, it gives rise to skin cancer.

Definition of Skin Cancer

Skin cancer can be defined as the abnormal growth of skin cells, which mostly occurs due to prolonged exposure of skin to the sun. However, in some cases, skin cancer also occurs on areas not exposed to sunlight.

Types of Skin Cancer

There are three types of skin cancer. These three types of skin cancers account for 100% of all the diagnosed cases of skin cancer. Each type of these three cancers develops in a different cell. It is due to this fact that the cancer is named based on the type of cell in which it is seen. The three different types of skin cancers are discussed below:

- **Melanoma**

This type of skin cancer accounts for around four percent of all the diagnosed skin cancers. It begins in the melanocytes, which are cells located within the epidermis. These melanocytes are what give skin its color. Melanoma is in fact the fatal form of skin cancer. This is mainly because it rapidly spreads to the internal organs and the lymph system. Every hour, one person succumbs to Melanoma alone in the United States.

The main victims of Melanoma are older Caucasian males, as they are less likely to detect the early warning signs of Melanoma. If detected early, the cure rate for Melanoma is as high as about 95% but its prognosis is poor once it spreads to the entire body.

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- **Squamous cell carcinoma (SCC)**

This type of skin cancer accounts for 16% of all the diagnosed cases of skin cancer. The Squamous cell carcinoma occurs in the squamous cells, which are located in the upper layer of the epidermis. Every year, about 200,000 cases of SCC are reported. This type of skin cancer is seen more in the crusted or scaly area of the skin, which looks similar to a non-healing ulcer but is a growing tumor. It tends to develop more in the fair-skinned middle aged and older people who have had long –term exposure to the sun. Even though the chance of this type of cancer occurring mostly on the sun-exposed areas of the body is high, it has the tendency to develop anywhere such as inside of the mouth and around the genital parts.

- **Basal Cell Carcinoma (BCC)**

This is the most common type of skin cancer among all the three types of skin cancers affecting more than one million people every year itself in the United States. As many as 80% of all the skin cancers are BCC, which mostly develop in the basal cells, the cells located in the lowest layer of the epidermis. It takes various forms and is characterized by shiny translucent or pearly nodule or pink, slightly elevated growth. The BCC is mostly evident on the body organs such as ears, face, scalp and other organs that are mostly exposed to the sun. The tumors in the BCC tend to grow at a rapid pace and reach half-inch size in several years. As the cells in this type of cancer do not metastasize easily, it leads to a problem in early diagnosis and ultimately damage surrounding tissues.

Other Types of Non-melanoma Skin Cancers

The other various types of skin cancers account for one percent of the diagnosed cases of skin cancer. These are mostly the nonmelanoma cancers such as the Merkel cell carcinoma, Paget's disease, Dermatofibrosarcoma, protuberans and the cutaneous T-cell lymphoma.

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Can Skin Cancer be prevented?

Avoiding prolonged exposure to sunlight is one of the most effective ways of lowering the risk of skin cancer. Practicing sun safety also proves beneficial in keeping away the risk of developing skin cancer. The following are some of the prevention techniques for skin cancer.

- **Stay indoors as much as possible:** Unless important, avoid stepping outside between 10 am to 4 pm as it is the time when the sun's ultraviolet rays are all-time-high. By staying indoors during this period can lower your chances of developing skin cancer significantly.
- **Cover yourself:** The best preventive measure you can take is to cover up your skin with clothes whenever you are out in the sun. It is better to wear tightly woven fabrics as they prevent the sunrays from penetrating inside and prevent it from reaching the skin keeping away the UV rays. It is also better to cover your head with a cap or a wide brimmed hat whenever you are out in the scorching heat. Make sure that you wear a hat that covers your face, ears as well as your neck.
- **Completely avoid UV rays:** Majority of adults as well as teenagers have a habit to take sun baths and visit a salon for tanning beds to tan their skin. However, by doing so you will only increase the chances of developing skin cancer, thus it is advisable that you avoid UV rays in any form as they damage your skin.

Skin cancer has become so prevalent today that several dermatologists are recommending people know the things that may increase the chances of developing skin cancer. In the next chapter, we will look at some of the major risk factors of skin cancer.

Chapter III: Risk Factors of Skin Cancer

The most important risk factor that increases the chances of skin cancer is exposure to harmful UV rays. However, apart from exposure to UV rays, there are also several other risk factors of skin cancer. Some of these risk factors are discussed below:

- **History of Sunburns:** The skin cells are damaged whenever the skin is sunburned. The body works to repair the damage caused due to sunburn. Sunburns when developed as a teenager or a child increase the chances of skin cancer in the future or in adulthood. Sunburns at a later stage of life are also one of the risk factors of skin cancer.
- **Fair Skin:** This doesn't mean that people with only fair skin get skin cancer. In fact, people with any skin color can get skin cancer. The only thing is people with less melanin are more vulnerable towards skin cancer. This is mainly because less melanin means less protection from the UV rays. This risk increases if the person is sunburn easily or has freckles.
- **Moles:** People with moles especially the dysplastic nevi are also at an increased risk of skin cancer. These moles are mostly larger than the normal moles and are more likely to become cancerous than other types of moles. People with history of abnormal moles should keep a track of the changes in the moles as they increase the chances of skin cancer.
- **Sunny climates:** People living in warm or sunny climate are more vulnerable towards developing skin cancer than the people living in colder climates. People who live at higher elevations where the sunrays are stronger also have a high chance of developing the disease.

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- **Family history of skin cancer:** Heredity problems also lead to skin cancer in people. People having a family history of skin cancer are also at a greater risk at developing the disease.
- **Precancerous skin lesions:** Actinic keratoses or skin lesions also increase the chances of developing skin cancer. These growths are rough and characterized by scaly patches, occur mostly on the face, hands and lower arms, and are mostly brown to dark pink in color.
- **Excessive sun exposure:** A person spending substantial time in the sun increases his/her chances of developing skin cancer. This chance increases especially if the person is not protected with clothing or sunscreen. One important thing to note is that tanning beds and lamps increase the risk of skin cancer.
- **Weak Immune system:** People with weak immune system are more prone towards developing skin cancer. These include people having diseases such as leukemia or HIV/AIDS and those who take immunosuppressant drugs after organ transplant.
- **Increasing Age:** The risk of skin cancer increases with age. This is mainly because all the types of skin cancers have a tendency to develop slowly. The damage that is caused during childhood is not apparent until adulthood. However, it can't be said that skin cancer occurs only to older people, it can occur at any age.
- **Exposure to specific substances:** Exposure to substances such as arsenic also increases the chances of skin cancer.

These were some of the major risk factors, which increase the chances of skin cancer in any individual. In the next chapter, we will look at the signs and symptoms of skin cancer.

Chapter IV: Signs and symptoms of Skin Cancer

Skin cancer mostly develops on areas of skin, which are mostly exposed to the sun. These include the face, scalp, lips, chest, neck, arms and others. However, it can also develop on other parts of the body such as genitals, fingernails and other body parts that are not exposed to the sun. Thus, it is essential for you to be careful and check for the signs and symptoms of skin cancer as it can develop at any body part and can occur at any stage.

It is also important to note that skin cancer affects people with all types of skin tones and complexion. The following are some of the signs and symptoms of the different types of skin cancer.

Signs and Symptoms of Basal Cell Carcinoma

Basal cell carcinoma mostly occurs in the areas of body exposed to the sun. These include body parts such as face, scalp or ears. The major signs and symptoms of Basal Cell Carcinoma include a flat, brown scar-like or a flesh-colored lesion.

Signs and symptoms of Squamous Cell Carcinoma

Just like the Basal Cell Carcinoma, the Squamous cell carcinoma occurs on the body parts that are mainly exposed to the sun such as face, ears, lips and hands. The Squamous Cell Carcinoma is mostly characterized by a flat-crusted surface or by a flat lesion with scales.

Signs and Symptoms of Melanoma

Melanoma has the tendency to develop at any part of the body and can develop in normal skin or a mole, which turns cancerous. In men, Melanoma most often appears on body parts such as head or neck or trunk whereas in women, it mostly occurs on lower legs. However, in both men and women, Melanoma occurs on body areas that are not mostly exposed to sun.

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This type of cancer affects people with all types of skin tone. Melanoma also occurs on the soles or palms or even under the fingernails.

A mole that changes in color, feel or size and bleeds mostly characterizes melanoma; a large brownish spot also characterizes it, which have darker speckles. Other than this, another major sign of Melanoma is a small lesion with irregular borders that appear red, blue or white in color. Dark lesions on the palms, toes, fingertips, mucous membranes, vagina, soles and even anus, also characterize Melanoma.

Less common skin cancers and their signs and symptoms

- **Merkel Cell Carcinoma:** Merkel cell Carcinoma causes firm as well as shiny nodules just under the skin and the hair follicles. This less common type of skin cancer is mostly found on the body areas that exposed to the sun such as neck, arms, legs and head.
- **Kaposi Sarcoma:** This least common type of skin cancer develops in the blood vessels of the skin and leads to red or purple colored patches on the skin or the skin membranes. This rare type of skin cancer mostly affects people with weak immune systems such as those infected by HIV or who have undergone organ transplants.
- **Sebaceous gland carcinoma:** This highly uncommon type of skin cancer originates mainly in the oil glands of the skin. The Sebaceous gland carcinomas are mostly characterized by hard but painless nodules, and have the tendency to develop at any part of the body such as the eyelid.

These were some of the most common signs and symptoms of skin cancer. However, it is important for you to note that not all skin changes are skin cancer and hence it is important for you to consult a doctor to determine the cause of the skin change. In the next chapter, we will look at some of the most common causes of skin cancer.

Chapter V: Causes of Skin Cancer

According to the National Cancer Institute, skin cancer is the most common type of cancer in the United States affecting more than one million people. To be on the safer side, it is always better to know and understand the causes of any disease. Here, we are going to look at some of the most common causes that lead to skin cancer in a human being.

Ultraviolet Radiation: Without a doubt, the Ultraviolet or the UV light mostly from the sunlight is the most common cause of skin cancer. In majority of the cases, the UV rays interact with a chemical in the skin known as melanin. This melanin is the major defense chemical that absorbs the harmful UV rays and prevents damage to the skin. A person gets sunburned when the damage caused due to UV rays exceeds the protection provided by melanin. Although a small amount of sunlight exposure is healthy for the body, excessive exposure can lead to various problems.

Thus, it is better to avoid overexposure to sunlight to reduce the risk of skin cancer as well as other disorders such as premature aging of skin and others.

Tanning booths: The World Health Organization (WHO) has put the artificial tanning booths in the highest cancer risk category as they emit the harmful UV rays. According to the WHO, tanning beds have played a major role in contributing towards the increase in the number of cases of skin in the US in the last decade especially among young women.

Exposure to high levels of X-rays: High levels of exposure to X-rays can also cause skin cancer. X-rays contain some radioactive substances. These radioactive substances have the tendency to damage the skin cells. Thus, prolong exposure to X-rays can cause various hazards to the skin.

Contact with chemicals: Due to the phenomenal growth of industries, there has also been an increase in the emission of the harmful chemicals. Some of the harmful chemicals that the

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industries release are arsenic and hydrocarbons. Exposure of skin to such harmful chemicals also increases the chances of skin cancer. This is mainly because our skin is very sensitive to these chemicals and hence faces severe reactions to the chemicals, which may also develop cancer.

Immunosuppression: The immune system is the defense system of our body, which protects the body from the foreign agents that attack the body. However, the foreign substances are easily able to enter our body if the immune system is weakened. This in turn makes the body more vulnerable towards skin cancer as the body is unable to fight the penetration of the harmful UV in the body, which in effect increases the chances of skin cancer.

These were some of the common causes of skin cancer. In the next chapter, we are going to look at tanning beds in much more detail, as they have now become one of the major causes of skin cancer.

Chapter VI: The UV Tanning Beds

The Food and Drug Administration (FDA) wants all the consumers to know about the use of UV radiation used in the tanning devices. However, before moving on to the hazards that come with tanning beds, it would be better if we look at the basics of the UV tanning beds and other tanning devices.

Description of the tanning equipment

Sunlamps are electronic devices that use ultraviolet rays to induce skin tanning. The most common types of these devices used are tanning booths, tanning beds, tabletop models and other portable home units.

About UV Tanning beds

The desire to have a tan for cosmetic purposes or for fashion has led to enormous increase in the use of the artificial tanning methods such as the sun beds or the UV tanning beds. The use of UV tanning beds for skin tanning has increased a lot lately in the developed countries especially among young women with a desire to have a tanned, which they think appears beautiful.

The tanning beds, also known as sun beds predominantly emit UVA and UVB rays, which have the tendency to damage the DNA cells in the skin. In the recent years, there have been lot of changes in the manufacturing of the sunbeds and they now emit higher levels of UV rays than earlier to provide the effect of the solar spectrum in order to expedite the tanning process. The UVB rays are known for their carcinogenic properties and their exposure leads to development of skin cancer in people. The same thing applies for the exposure of the UVA rays.

Several recent studies have shown relation between the use of tanning beds and the malignant melanoma as well as the non-melanoma skin cancers

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Risks and benefits of UV tanning beds

The UV tanning beds incorporate various types of reflector spot or high intensity discharge and fluorescent lamps with radiation and various energy output levels for skin tan. The sun tanning preparations involve the use of certain creams, gels and other several products that aim to provide cosmetic effects on the skin during a tan with the help of the ultraviolet radiation. These products are widely used to give the appearance of a tan. The overexposure to this equipment put a person undergoing a skin tan through this equipment at a high risk of developing several disorders such as skin damage, premature aging of skin, skin cancer and other disorders.

Laws, Regulations and standards

As the UV tanning beds make use of the UV rays for artificial tanning, the manufacturers of these products who sell their equipment in the United States are required to comply with the guidelines set under the Federal Food, Drug and Cosmetic Act (FFDCA), Chapter V, Subchapter C – Electronic Product Radiation Control. These manufacturers also need to comply with the applicable requirements of the Title 21 Code of the Federal Regulations (Subchapter J, Radiological Health) from Parts 1000 through Parts 1005.

This was some basic information about the UV tanning beds and the risks that are involved with their use. Despite these risks, more and more people in the United States are using these tanning methods and are undergoing skin tanning without realizing the potential hazards that come with skin tanning through artificial methods. In the next chapter, we will look at some of the health hazards of the UV tanning beds.

Chapter VII: The Hazards of UV Tanning Beds

The relation between the UV Tanning Beds and skin cancer has become a topic of discussion among people as well as the policymakers. Today, a lot has been talked about the UV tanning beds and their relation with skin cancer. Various medical associations and federal bodies have termed that skin cancer is indeed caused due to sunburn as the harmful UV rays damage the skin cells, which in turn leads to skin cancer.

Do UV Tanning Beds lead to skin cancer?

According to a study conducted by the International Agency for Research on Cancer or IARC part of the World Health Organization, it was found out that tanning devices such as the tanning beds and sunlamps that emit UV radiations are more dangerous as they put a person undergoing a tan under the high cancer risk category. The study termed the equipment used in tanning beds as carcinogenic (things that lead to cancer).

The Food and Drug Administration (FDA) has also come down heavily on the use of tanning beds to skin tanning. It proclaims that tanning beds indeed increase the cancer risk. For instance, FDA scientist and UV rays and tanning expert, Sharon Miller, states that any kind of tanning causes skin damage. According to Miller, a tan is exposure of the body towards the UV rays, which damage the skin and tanning beds as well as lamps, emit UV radiation. Tanning beds promise people a good body but the UV rays from these beds pose a serious threat to the health of the people especially the skin. The following are some of the health hazards associated with the use of the tanning beds.

Skin Cancer

Prolong exposure to the UV rays in the natural form from the sun or through the artificial sources such as the sunlamps or the tanning beds, is one of the known causes for skin cancer. Various experiments conducted on animals have shown that exposure to the short wavelength UVB rays

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of 280-315 nm led to cancer. Another study conducted in Sweden and Norway showed that women who regularly used the tanning beds were at high risk of developing malignant melanoma.

Overexposure to UV from the tanning beds is more likely to increase the detrimental effects caused due to the excessive solar UV exposure. However, there is no evidence that shows that the exposure of UV from all types of sun beds is comparatively less harmful than the UV emitted by the sun.

Immune suppression

The UV rays emitted through the tanning beds suppress the normal functioning of the immune system of the body and hamper the natural defenses of the skin such as the melanin. This in turn leads the body of an individual more vulnerable to diseases, which also includes skin cancer.

Premature aging

The UV rays emitted from the tanning beds, sunlamps damage the skin, and hence it loses its elasticity. This in turn leads to premature wrinkles. The main thing to note is these wrinkles are not seen after years of having a tan or sunburn but lead to serious consequence in the long term and the person looks much older than his actual age thereby leading to premature aging.

Allergic reaction

People who are already sensitive to the Ultra Violet radiation develop itching sensation or a skin rash due to tanning beds.

Eye Damage

The UV radiation emitted from the tanning beds also damages the eyes. The effect of the UV rays leads to cataracts, pterygium that is characterized by a white colored growth over the cornea. It also leads to inflammation of eyes such as the photoconjunctivitis and photokeratitis.

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Dangers linked with childhood UV exposure

Exposing children to UV rays and the amount for which a child is given sunburn through tanning beds or other methods increase the chances of developing melanoma in children at later stages in their life. The United States Department of Health and Human Services has termed the exposure to tanning beds as ‘carcinogenic’ to humans and has asserted that prolonged exposure to the UV rays through the tanning beds increases the chances of developing skin cancer especially when people are exposed to them before the age of 30 years.

Risk of using tanning beds in children and teenagers

The Food and Drug Administration has also raised concern over the excess use of tanning beds by teens and children. According to the National Cancer Institute, early exposure to the UV rays through the tanning beds increase the risk of melanoma.

According to the FDA, it is important to limit the exposure of children to sun as it helps to reduce the chances of the sunburn at a young age. According to the NCI, women using tanning beds once in a month increase their chances of developing skin cancer by 55 percent. It was also found out that teenage girls and women comprise a large number of people using tanning beds to tan their skin.

Hazards of using UV tanning beds on teenagers

Despite the measures taken by the government, warnings by parents and other preventive measures, the Skin Care foundation found out that an estimated 2.3 million teenagers use tanning beds every year. The scariest thing is that many teenagers these days are using tanning beds once or twice a week to look better.

Many tanning salon customers are college students who wish to stand out from the rest by tanning their body to look perfect for the prom season. Hence, there is no surprise that Melanoma

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is becoming the most common form of cancer in young adults from 25-29 years of age whereas is the second most common type of cancer in young adults and adolescents. In addition, more and more are becoming addictive to tanning, which is in fact very scary.

The endorphins released during the tanning session make youngsters develop an addiction towards tanning beds and in turn increase their chances of developing skin cancer. According to the Skin & Aging magazine, Melanoma is the No.1 cause of cancer death among young adults of 15-20 years of age.

Chapter VIII: Measures taken to protect UV Tanning Beds

The tanning beds were initially unregulated in the United States. However, in the year 1988 and then again in the year 1999 the use of tanning beds was regulated under the federal level. They were mostly regulated with a view of ensuring that all the sun lamps and tanning beds were sold as per the safety rules. Since then several measures have been taken by various national and international organizations to control the use of the tanning beds in the United States.

Measures Taken by FDA

The FDA too set some certain recommended exposure to UV rays through tanning beds but it was found out that less than 11 percent of those providing UV tanning beds facilities followed the FDA's recommendations. A FDA panel also expressed its concerns over the increased use of tanning beds by the teenagers and recommended to impose restrictions on the use of tanning beds and lamps. For instance, the panel recommended that the tanning beds should be listed as Class 2 devices that require special assurances such as mandatory performance standards and labeling requirements that they are not harmful.

Measures Taken by Various States

Some of the states in the United States are also mulling laws to ban the use of tanning beds for those under the 18 years of age. In fact, several states in the United States already have some laws in place that require minors to have consent of their parents before using the tanning facility. Due to the increased skin cancer concerns, around 28 states in the United States imposed laws as of 2005 in response that put some kinds of restrictions on indoor tanning whereas 21 states had a parental consent mandatory to use the tanning beds.

Several states in the US now have some or the other kind of legislation pending, such as banning teens under age of 18 from using tanning beds completely, requiring parents of minors to accompany them while tanning and sign a consent form and other legislations. These laws if

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passed by the states would limit the use of tanning beds by children and teenagers. However, recently, the State of California passed a legislation that completely bans minors from using tanning beds. The law, which was passed in October 2011, will take effect from January 1, 2012. This law is one of its kinds in the entire United States on the use of the indoor tanning beds in the country. This is mainly because; majority of the states in the United States have some kind of restrictions on the use of the tanning beds but there is no outright ban as such imposed by the State of California. The lawmakers in California cited that the health concerns caused due to the tanning beds made them to arrive at such a decision.

Before the law was passed, minors between 14-17 years of age had to seek prior permission from their parents to use tanning beds but the law has now prohibited those under the age of 18 from using the tanning beds. The State of California became the first state in the United States to completely ban the use of tanning beds by minors whereas some states in the United States such as New York and New Jersey have imposed a ban on the use of the tanning beds by children less than 14 years of age.

However, despite all these measures taken by the federal agencies and various states, the United States still lags behind in banning the use of the tanning beds in the country than the other countries. For example, UK has completely ban the use of tanning beds by people under 18 years of age. Thus, to prevent teenagers from using the tanning beds, it is essential to impose a complete ban on the use of tanning beds by teenagers or children under 18 in the United States.

Essential tips to Prevent Teenagers from using Tanning Beds

One reason for this is they teenagers have difficulty thinking about their own mortality or they are very unaware about the dangers involved with the use of the tanning beds.

This can also be attributed to the fact that many teens are misinformed or have wrong knowledge about the hazards of using tanning beds. For instance, many teenagers think that the chances of Melanoma increase only after the age of 40 and those with fair skin or weaker immune system

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only develop Melanoma. However, this is completely wrong as skin cancer can develop in any individual with any kind of skin tone. Thus, to prevent teenagers from using UV Tanning beds, it is essential to provide them all sorts of proper information related to risks and hazards caused due to the use of UV tanning beds.

The threats of skin cancer are not enough to scare young people and not sufficient in deterring the youngsters from using the tanning salons, hence it is essential to educate the minors and bring their attention that they are forcefully aging their skin by using a UV tanning bed. It is essential to impose a complete ban on the use of tanning beds by teenagers or at least restrict the access of UV tanning devices to minors. Another way through which the excessive use of tanning beds by teenagers can be brought down is by recommending alternative tanning methods to teenagers. Teenagers if provided with alternative tanning methods that help them to achieve the same results as that brought by the harmful UV tanning beds would surely use the less harmful tanning methods. In fact, various alternative methods help to get the desired tanning effect. These include a spray tan, home-applied tanning lotions, and others. However, the one that stands out from all the other tanning methods is the Organic Airbrush Tanning solution.

In the next chapter, we are going to look at some of the facts of the Organic Airbrush Tanning methods and about the various things that make the Organic Airbrush tanning method the best amongst all the tanning methods and how the teenagers can use it as a new healthy alternative for the harmful UV tanning beds.

Chapter IX: Organic Airbrush Tanning: A new healthy alternative for UV

Tanning Beds

Considering the health hazards that come with the use of tanning beds, it has become mandatory for people who love to tan their skin to look for ways that would help them to tan their skin without any kind of health hazards. This is mainly because; UV tanning beds are by no way the only mean through which people especially teenagers and young women can get a desired tan. Other alternatives provide a healthy skin tone and that too without any kind of side effects or risks. These include other methods such as the spray-on tans, natural tanning lotions and others. However, the one, which stands out from all the products, is the organic airbrush tanning solution.

What is Organic Airbrush Tanning?

Organic Airbrush Tans are 100% all natural organic based moisturizing formula, which contains all the natural products such as the white tea extract, Aloe Vera, vegetable based glycerin, citric acid and the grapefruit seed extract. The solutions in the organic airbrush tanning vary and hence produce different levels of color depending on the skin tone of a person.

The main essence of the Organic Airbrush Tanning is that it contains all the products that are approved by the Food and Drug Administration (FDA).

All the products used in the Airbrush Tanning solution are 100% organic; paraben, odor, and fragrance free and give an immediate gratification for people who love to have tanned skin. When used the organic airbrush tanning provides beautiful initial natural color that would please any person looking to have a tanned skin through a safe and healthy manner.

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How does the Organic Airbrush tanning work?

The most active ingredient in majority of the organic airbrush tanning methods is the dihydroxyacetone or DHA. The DHA is a colorless sugar. This colorless sugar interacts with the amino acids and the proteins that are present in the outer layer of the skin and produce a golden brown color. The Organic Airbrush tanning method also contains an immediate bronzer. This bronzer determines the initial color of the skin after application. This is what makes the organic tanning airbrush different from all other products. Thus, the results of the skin tan depend heavily on the bronzer used in the tanning method. The all-natural paraben-free, chemical-free solution tans the skin naturally, lasting for 7 days.

Is the Organic Airbrush tanning method safe?

The Organic Airbrush Tanning methods, as the name suggests uses all the natural products that are approved by the FDA. The products used in this natural tanning method are used in the personal care industry for several years. No harmful effects have been seen on the people using the organic tanning method.

How long does the skin tan last?

The duration in which the skin stays tanned depends heavily on the skin type, workout routine, and activities/lifestyle and how well the people using the tanning method are able to maintain their skin tanned. The skin has a natural tendency to exfoliate itself and hence the tan goes off with the exfoliation. In such a scenario, a person needs to have a proper hydration to have the maximum longevity of the skin tan.

Organic airbrush application v/s UV Tanning Beds

The organic airbrush is an instrument that provides a smooth application and contains all the natural ingredients that don't harm the skin or put it at risk to various disorders such as skin cancer or allergic reactions. On the other hand, the UV tanning beds involve the use of the

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artificial and harmful UV rays that damage the natural ingredient of the skin, melanin making it vulnerable towards diseases such as skin cancer especially when the body is exposed to the harmful UV rays at an early age.

Please share this ebook with all whom you know, so that we can make a difference.

Danielle Van Auken –Author

Organic Bronze Bar/Owner

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TESTIMONIALS & ARTICLES

If only I knew then what I know now! They were the scariest words I had ever heard... "That mole has to be removed immediately and I want a biopsy done STAT, I'm very concerned"...said my Dermatologist. I was only 24 years old and I was having skin cancer removed and having to schedule routine checks to keep an eye on several other areas of my body. When I was in high school I visited the tanning beds often and I would lie outside without sunscreen. I wanted that bronze color so badly! School dance? Went to the tanning beds. Vacation? Went to the tanning beds. Pictures? Went to the tanning beds. I put myself in that position; I put myself through the tears and agony of waiting for those test results. The results came back positive and thankfully the doctor got all of it the first time. If I knew then how much I was increasing my chances of getting skin cancer by using those beds I would NEVER have gone in. I am so thankful to have found a healthy alternative to tanning and I am an avid user of the Organic Bronze Bar. I love my color and it makes my skin feel amazing. It doesn't get any better than this!

Stacey - Portland, OR

I was a HUGE sun worshipper . . .was in it ALL THE TIME!!! My "almost black" sun kissed "white girl" skin was awesome!!! Or so I thought when I was younger. If the sun wasn't out then tanning beds were my friend! But it hit me one day, the reality of what I was doing to my skin, to my body! I didn't want to look old, wrinkled & leathery when I was older. When my dermatologist spotted a mole on my leg & said, "we better do a biopsy on that" and "you need to stay out of the sun" it really got my attention, .to my relief it was not cancerous but was enough to know I seriously needed to make changes! I was shopping with friends when we spotted Organic Bronze Bar! We went in to check it out! We were given a free tan & "Come back & give us a try". A couple months later I was invited to attend a Marine Ball and decided to cash in on my free spray tan! I needed to be tan, in the winter, to pull off my lil lace black dress. I was HOOKED!!! I LOVED IT!!!! Not only was I, once again looking like I'd been "kissed by the sun" but it was comforting, reassuring

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knowing I was NOT harming my body! I would not look old before my time and my skin would not feel dry & leathery! My tan was even and perfect! The color was so natural. . .needless to say I bought the tan package and the friendly staff there have become my friends!

Lori - *Vancouver, WA* 

At the age of 22 my Mom noticed a dark and irregular freckle on my back when I was wearing a tank top. She expressed her concern and told me to get it checked. When I returned home to Portland I brushed it aside, but for some reason the words kept repeating in my head "Please get it checked...please get it checked...please." I made an appointment for a check up with the dermatologist and he told me that it would be best if we removed the spot and sent it in for a biopsy. The removal was uncomfortable and the week waiting for my biopsy results was frightening!

I eventually was told that it was benign. I was very grateful for this and the lessons and truths that this experience exposed. **No one is too young to get cancer.** It is very important to take care of your skin---wear sunscreen, avoid tanning beds, and get your regular skin check ups!

Karolyn, Age 25 - *Portland, OR*

"I have always had an incredibly fair complexion, red hair, blue eyes, and covered in freckles. Despite this, in my 20's I felt the social pressure to be tan. It was in style (and still is) looked so healthy, and all my friends were able to achieve that golden glow so easily. Not me. I would go straight to hot pink and burnt. The result being sun damage and, starting in my 30's, precancerous lesions that had to be removed. Painfully. Now, twice yearly, I see a dermatologist and almost always have to "start watching something", or leave with a bandage over a large wound that used to be Basal Cell Carcinoma. It is always a fear and

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very real possibility in the back of my mind that I could go in someday and hear the word Melanoma.

I wish the wealth of information on how dangerous sun exposure can be had been available to me before I had put myself at risk, we need to start educating our children and leading by example from the day they are born so they understand the dangers of sun exposure, proper sun screen use, and healthy alternatives like air-brush tanning. Sun exposure is only going to get more dangerous, and skin cancer statistics are will continue to rise, unless we commit to making education a priority."

Debra - Salem, OR

My daughter came to me right before my 60th birthday bash and said, "Mom, you should treat yourself to an "organic spray tan". At first I thought it was a ridiculous idea, but then I remembered ever since I was 12 or 13, raised in sunny Venice Beach, California, how I longed for a rich and golden bronze tan like all my other friends growing up. Because of my milky white complexion that only burned, water-blistered, then peeled. I gave up the dream that I could ever have anything but white, white skin. Later in my30's I discovered I had contracted skin cancer from all the sunburns I had endured when I was young. I had seen how beautiful and natural my daughters organic spray tans turned out and said, "what the heck", lets do it! I just stood in front of the mirror stark naked in love with this new and vibrantly tanned bronzed body! Wow! Could an organic spray tan really make you feel this awesome? By the time my birthday party came around I was three days into my beautiful tan. All my friends kept telling me how fabulous I looked and carried myself with confidence as I performed my debut set of songs for them with great pride!

Cheri - Portland, OR

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ARTICLE – [Columbian.com](#)

The cold, cloudy winter weather — and pale skin that accompanies it — is reason enough for many people to turn to in-door tanning salons for a taste of the warm summer weather and bronzed skin to come.

An estimated 25 million Americans visit indoor tanning salons each year, according to the Indoor Tanning Association.

People report benefits of tanning that range from the browned skin and improved emotional health to headache relief and increased vitamin D. Some also report a euphoria from the endogenous opioids released during tanning, a feeling similar to that of a “runner’s high.”

But many dermatologists warn those benefits come with a risk. At the top of the risk list: skin cancer.

Many cancers in the United States are on the decline. Melanoma is among the handful of cancers on the rise.

The American Cancer Society estimates that more than 76,000 people across the country — 2,140 of them Washington residents — will be diagnosed with melanoma of the skin in 2012.

Melanoma incidence rates have been increasing for at least 30 years. Since 2004, incidence rates among white people have been increasing by almost 3 percent per year in both men and women, according to the American Cancer Society.

“The interesting thing about melanoma is, it’s going up particularly fast in young women, and that’s thought to be directly related to tanning beds,” said Dr. Craig Hersh, a dermatologist at Kaiser Permanente.

In addition to tanning bed use, risk factors for melanoma include excessive sun exposure, a personal or family history of melanoma and the presence of atypical or numerous (more than 50) moles, according to the American Cancer Society.

Dr. Zheng Qian (pronounced Chen), dermatologist and chair of dermatology at The

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Vancouver Clinic, said the increase in melanoma could be attributable to many factors.

The growing popularity of tanned skin, whether through tanning beds or outdoor sunbathing, may be partly to blame. Another possibility is better, and earlier, diagnosis of melanoma, Qian said.

Despite the increase in diagnoses, the death rate for melanoma has been declining rapidly — 2.9 percent per year in men and 2.3 percent per year in women — in white people younger than 50.

Tanning risks, benefits

Tanning salons use lamps that emit both ultraviolet A and B rays. UVB rays induce sunburn more readily. UVA rays penetrate the skin deeper, which results in a delayed effect, Qian said.

In 2009, the International Agency for Research on Cancer concluded that tanning devices that emit ultraviolet radiation are more dangerous than previously thought. The agency, which is part of the World Health Organization, reclassified the beds into the highest cancer risk category: “carcinogenic to humans.”

But John Overstreet, executive director of the Indoor Tanning Association, said the tanning bed bulbs mimic noonday sun. The ultraviolet lights used for tanning beds have the same risks and benefits as exposure to the natural ultraviolet rays of the sun.

“More and more, we’re seeing people who go to indoor tanning because they want the benefits of vitamin D,” he said. “It makes you look better. It makes you feel better. And that’s why so many people enjoy doing it.”

Vitamin D has many roles in the body, including promoting calcium absorption, tempering immune function and cell growth, and reducing inflammation, according to the National Institutes of Health.

A recent report published by Norwegian researchers in *Public Health Nutrition*, a peer-review journal, suggests the improved levels of vitamin D are more important than the possibility of

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an increased risk of melanoma.

The research found that increased sun exposure in the Norwegian population might mean 200 to 300 more melanoma deaths per year but would elevate vitamin D levels and might result in 3,000 fewer cancer deaths overall. Other benefits include protection against infectious diseases and noncancerous diseases, according to the report.

“This supports what many vitamin D researchers have said for years, that vitamin D generated by ultraviolet light, either from the sun or a sunbed, can be part of supporting good health,” Overstreet said.

But dermatologists argue that tanning beds are not the best source of vitamin D. Diet and supplements remain the preferred sources, they said.

“You’re flooding your skin with this tanning light,” Qian said. “Yeah, you got a lot of vitamin D, but you’re also exposing yourself to an unnecessary risk.”

Vitamin D synthesis doesn’t require excessive sun exposure, Qian said. The typical exposure a person’s arms, legs and face get to the sun is enough to synthesize vitamin D, he said.

The local dermatologists agree there likely is a safe amount of sun exposure, whether artificial or natural, for a person to have without increasing the risk of cancer.

“Everybody probably has a built-in threshold beyond which is dangerous,” Hersh said. “But there’s no way to know where that threshold is.”

“They have to ask themselves whether it’s worth it,” he added.

Article written by; Marissa Harshman: Columbian.com