

The Artificial Approach To Skin Cancer

An overview of the artificial tanning culture, what's happening locally and steps to move ahead

April 17, 2009



Skin Cancer

- Is the most common form of cancer in Canada

Source: Cancer Care Ontario (Ontario Cancer Registry, 2004)

- Melanoma is the second most common form of cancer in young Ontarians aged 15-34

□ *Canadian Cancer Statistics 2009 Special Topic: Cancer in Adolescents and Young Adults*

- Accounts for one-third of all new cancer diagnoses

□ *Canadian Cancer Statistics 2009 Special Topic: Cancer in Adolescents and Young Adults*

- Costs the Canadian taxpayers millions of dollars in health care costs a year

Artificial Tanning

- Artificial tanning beds are a known human carcinogen

International Agency for Research on Cancer (2006)

- Exposure to ultraviolet radiation, such as that emitted from artificial tanning equipment, during childhood and adolescence can increase a person's risk of getting skin cancer both now and later in life.

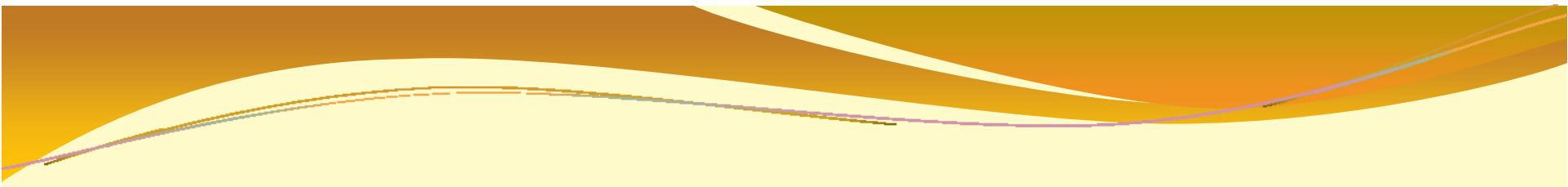
- *Gallagher, R.P., Spinelli, J.J., & Lee T.K. (2005) Tanning Beds, Sunlamps, and Risk of Cutaneous Malignant Melanoma. Cancer Epidemiol Biomarkers Prev 14(3), 562-566)*

Myths

- ❑ Ensures adequate vitamin D levels
- ❑ Provides a base tan that helps to prevent burning
- ❑ Helps prevent/treat Seasonal Affect Disorder (SAD)

Vitamin D controversy

- March 2008 North American Conference on UV, Vitamin D and Health held in Toronto, ON
 - Strong evidence of the harms of exposure to UV radiation from the sun and other sources
 - Strong evidence of the benefits of adequate vitamin D status on musculoskeletal health and prevention of fractures in the elderly
- *Health Canada (2005) Guidelines for Tanning Salon Owners, Operators and Users. Retrieved Jun 6, 2008 from: <http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/tan-bronzage/index-eng.php>*
- Vitamin D is obtained through skin exposure to UVB radiation, diet and supplementation
 - Health Canada (2005) Guidelines for Tanning Salon Owners, Operators and Users. Retrieved Jun 6, 2008 from: <http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/tan-bronzage/index-eng.php>*
- Groups at risk for not obtaining adequate amounts of vitamin D were identified

- 
- Majority of people receive enough through incidental exposure to the sun during summer months and dietary intake

CDA: http://www.dermatology.ca/media/position_statement/vitamin_d.html

- CCS and CDA recommend 1,000 units of vitamin D supplement through the winter months in Canada
- Studies are continuing to establish benefits and recommended amounts
- Institute of Medicine (IOM) will soon announce Recommended Daily Intake (RDIs) for all Canadians

Base Tan Myth Explained

- use of artificial tanning equipment may cause some skin to darken in colour and appear to tan
- a base tan only provides the amount of sun protection equivalent to approximately SPF 2 to SPF 4
(Sinclair, Craig. (2003) Artificial Tanning Sunbeds: Risks and Guidance. (pp.10-12) World Health Organization)
- leading health organizations recommend using a sunscreen product with at least SPF 30+ to avoid skin damage

http://www.dermatology.ca/sap/safety_resources/sunscreen_faqs/index.html

Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a medically diagnosed condition, affecting 2-4% of Canadians

A specific form of light must be absorbed through the retina of the eye

UV light should be avoided due to risk of retinal/corneal damage - no evidence of therapeutic effect by absorption in skin

UV filters are on CSA approved equipment used for treated SAD

*The Cleveland Clinic Health Information Center: Understanding Seasonal Affective Disorder and Light Therapy.
<http://www.clevelandclinic.org/health/health-info/docs/3600/3629.asp>*



A Public Health Issue

- The tanning industry is growing rapidly
- There are no government controls on the operation of tanning beds or artificial tanning equipment
- Access by children

Continued

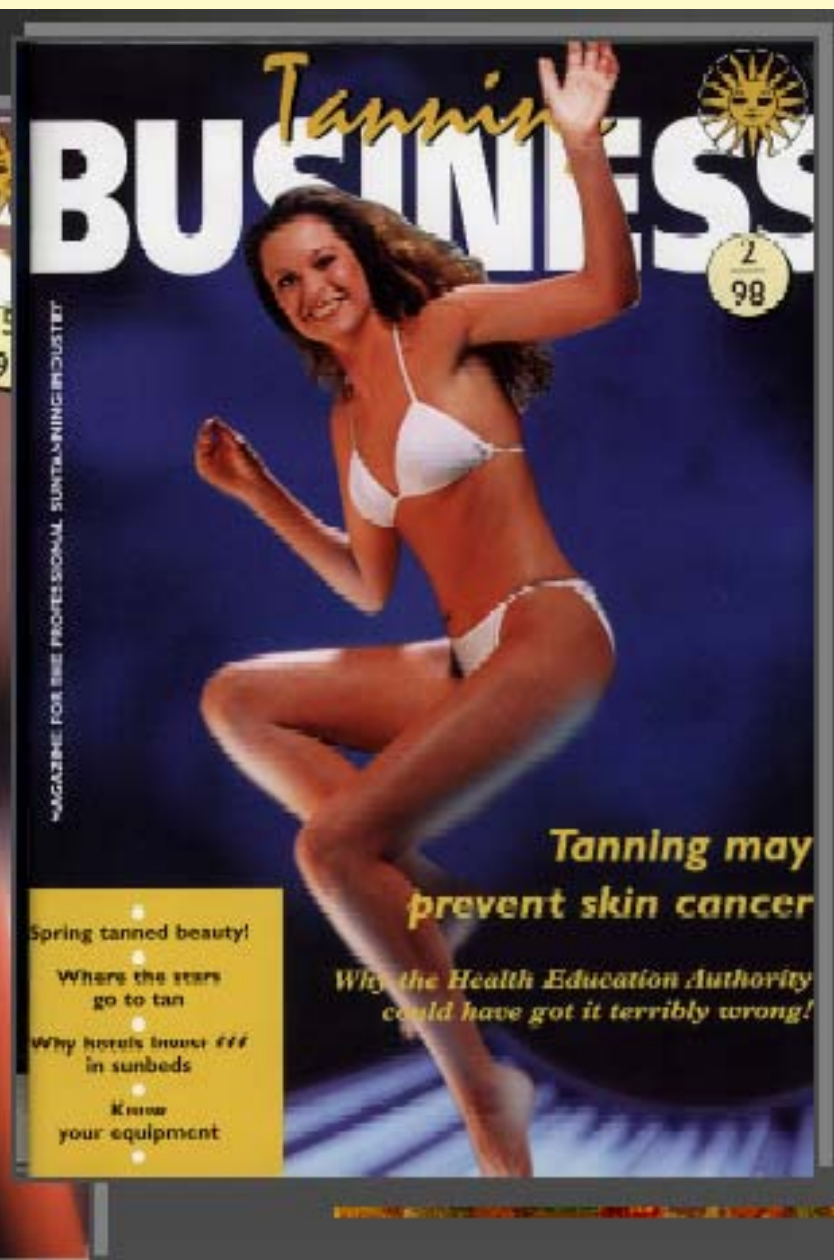
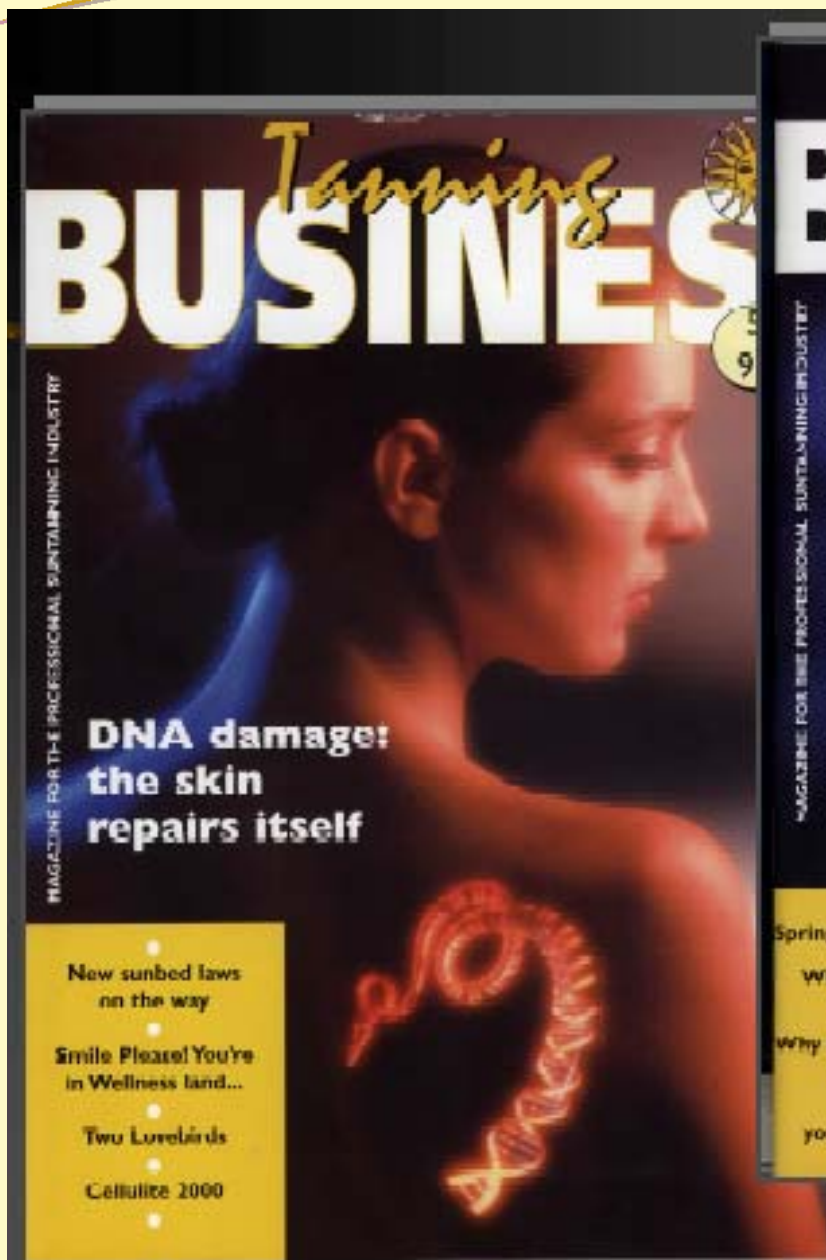
- Size of the skin area being exposed
- Prevention efforts cannot match advertising efforts
- Misinformation provided to tanning salon owners by distributors & manufacturers then passed onto customers

TAN FACTORY
HEY YOU, SNOWFLAKE !
LOOKED IN THE MIRROR ?
*** NO APPOINTMENT ***
FREE TANNING

April 1, 2005
Wonderland Rd, London ON



April 1, 2005
Dundas St., London, ON



The cultural phenomenon of tanning to achieve a healthy and fashionable look can be traced back to the French designer, Coco Chanel who, in 1923, popularized the fashion of tanned skin.

***But I want
to look just like
Coco Chanel...***



TABLE OF CONTENTS

CHAPTER 9 – Equipment Maintenance	65
Maintenance Basics	65
Cleaning and Maintenance Are Related	66
Maintaining Fans	67
Lamp Maintenance	68
Maintaining Acrylic Shields	68
Cleaning Your Equipment	71
Pistons	71
Starters	72
General Troubleshooting	72
Maintenance and Sanitation Plans	72
CHAPTER 10 – Facility Inspections	73
Quick Checklist for Inspection Preparation	73
Introduction to Inspection Preparation	75
Instructions for Inspection Preparation	76
CHAPTER 11 – Indoor Tanning Law	85
Indoor Tanning Law	85
The ‘Safe’ Dilemma	87
Provincial Regulations	88
CHAPTER 12 – Operating Procedures	89
Emergency Contacts	89
Introduction	90
Preparing for Government Inspections	90
Instructions to Consumers	91
Equipment Operation	94
Sanitation	95
Tanning Equipment Testing and Maintenance	95
Records	96
Reports of Actual or Alleged Ultraviolet Radiation Injury	97
Tanning Equipment Operator Training	98
APPENDIX	
A: Photosensitizing Agents	99
B: Medical Conditions	102
C: Commonly Asked Questions	103
D: Health Canada RED Act Part XI	105
E: Pre-Test Answers	106
FOOTNOTES	
BIBLIOGRAPHY	107
GLOSSARY	108
	109

TABLE OF CONTENTS

PREFACE

PRE-TEST	4
CHAPTER 1 – Tanning History	5
Ancient History	5
Recent Tanning History	6
The Evolution of Exposure Schedules	8
The Smart Tan Mission Statement & Creed	9
CHAPTER 2 – Your Skin	11
Characteristics of Skin	11
Section Review	14
CHAPTER 3 – Ultraviolet Light	15
An Overview of Light	15
The Characteristics of Ultraviolet Light	16
UV Concentration in Sunlight	17
Radiation vs. Radioactivity: Knowing the Difference	19
All Light is Energy	20
CHAPTER 4 – How Your Skin Tans	23
UVA, UVB and the Tanning Process	23
Nature’s Sunscreen	25
Effects of UV Exposure	26
Section Review	30
CHAPTER 5 – Tanning Equipment	31
Low and High	31
Equipment Construction	33
Components of Tanning Equipment	33
CHAPTER 6 – Indoor Tanning Protocol	35
On Moderation and Prevention	35
Introduce the Facility	36
Introduce the Equipment	38
Introduce “Smart Tanning”	38
The Importance of Client Records	42
Skin Type Identification Chart	51
Liability Information	51
CHAPTER 7 – Potential Risks of UV	53
Avoiding the Risks	53
Potential Risk	53
CHAPTER 8 – Outdoor Tanning Protocol	61
Outdoor vs. Indoor Exposure: The Difference	61
Factors Affecting UV Levels Outdoors	62
Teaching Smart Outdoor Tanning	63
Continuing Education	64

World Health Organization Recommendations

- Encourage governments to develop legislation governing the operation of tanning equipment
- Emphasis on
 - Providing better information to consumers
 - Restricting access to those under the age of 18 and other high risk individuals
 - Ensuring proper training of staff

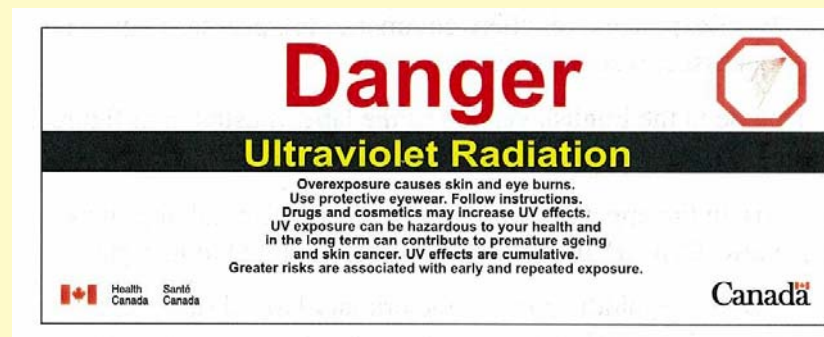
World Health Organization www.who.int/entity/mediacentre/factsheets/fs287/en/

Canadian Regulation

Radiation Emitting Devices (RED) Act 2005

- Provides guidance re UV outputs for tanning equipment at the time/point of sale only
- Required new warning labels on equipment

http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/faq-tan_bronzage-eng.php



Health Canada's Guidelines for Tanning Salon Owners, Operators and Users

- A series of recommendations including:
 - Customers are properly informed of the risk
 - Staff are properly trained to assess customer's risk level
 - People with sensitive skin types and youth under 16 not use a tanning bed
 - Warning labels are placed on each piece of equipment

<http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/tan-bronzage/>

Provincial Legislation

☐ New Brunswick

- ☐ Restricts use to those aged 18 and over
- ☐ Mandates tanning operator standards

☐ Saskatchewan

- ☐ Establishes “Guidelines” to the risks of tanning and tanning safety
- ☐ Mandates adherence to regulations by operators/salon owners
- ☐ Sets minimum health standards for Personal Service Facilities

- ☐ *Canadian Cancer Society (November 2006) Artificial Tanning: Policy Analysis Canadian Cancer Society, Ontario Division*

Legislation around the world

- France

- Most comprehensive
- Prohibits youth under 18
- Forbids any claim of health benefit

- 29 states in the USA have regulations in place

- Belgium, UK, Australia all provide different approaches to regulating the tanning industry

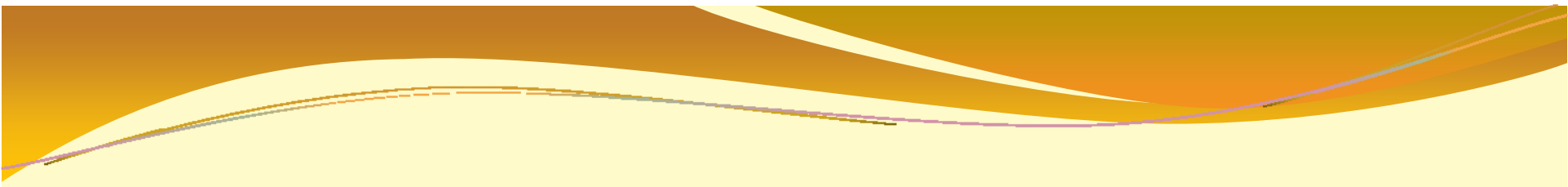
- *Canadian Cancer Society (November 2006) Artificial Tanning: Policy Analysis Canadian Cancer Society, Ontario Division*

What's Happening in Ontario

- June 2008 a private members bill titled “An act to help prevent skin cancer” was introduced by Khalil Ramal, MPP London-Fanshawe
- Did not get past 2nd reading

CCS “Call to Action” for the Ontario Government

- Study released October 2008 clearly showed that artificial tanning facilities in Toronto were not following Health Canada’s voluntary safety guidelines
- Key findings:
 - 96% of all personnel operating the tanning facilities did not communicate with the researchers about Health Canada’s tanning safety guidelines
 - 60% of tanning facilities did not ask the age of minor researchers

- 
- 60% of tanning facilities visited did not identify, neither verbally or through a skin assessment survey, that the researcher had type I skin that burns and never tans.
 - 99% of tanning facilities did not recommend against tanning for skin type I researchers.
 - Only 12 % of facilities visited were reported to have the Health Canada voluntary guidelines posted in an area that could be seen by the researchers

Canadian Cancer Society, Ontario Division (October 2008) Media Backgrounder: Results from 2007 study of Toronto's artificial tanning facilities.

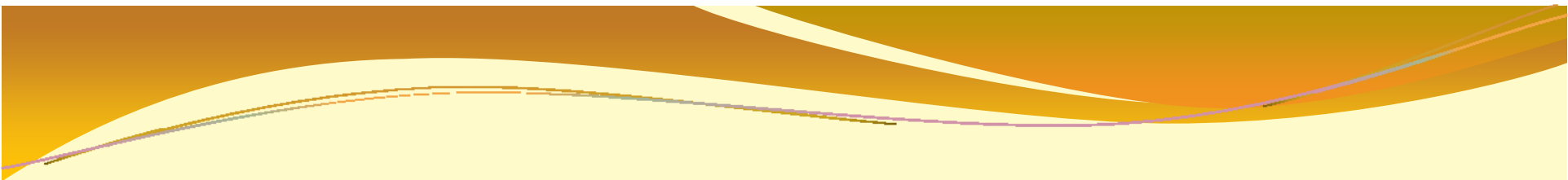
□ **CCS Call for Provincial Government Action to:**

- Ban youth under 18 from using artificial tanning equipment.
- Develop regulations that require staff operating artificial tanning equipment to undergo training that would ensure they effectively identify people whose skin type puts them at greater risk of skin cancer.
- Develop and maintain a registry of artificial tanning equipment in the province, to track its usage and enforce legislation.
- Prohibit the marketing of artificial tanning targeting youth.
- Require that signage be placed in clear view of each bed clearly outlining the health risks of artificial tanning.

□ *Canadian Cancer Society, Ontario Division (October 2008) Media Backgrounder: Results from 2007 study of Toronto's artificial tanning facilities.*

Use of Artificial Tanning Equipment by Youth

- 27% of Canadian women aged 16-24 use tanning equipment (National Sun Survey 2008)
- 11.4% of Grade 11 and 12 girls and approximately 32,000 females and 18,000 males in Grades 7 to 12 have used artificial tanning equipment (CCS, October 2006)



April 13, 2009 Toronto Sun newspaper

The Heat Is On [in Ontario].

Health groups want tanning industry's hide for still allowing teens their place in the artificial sun. Indoor tanning issues: education, industry self-regulation “not enough.”

From Dr. C. Rosen of Canadian Dermatology Association: "More and more states and countries have banned youth under the age of 18 from using tanning equipment, we'd like to call on the provincial government to restrict the use of artificial tanning for youth under the age of 18 as soon as possible...."

<http://www.torontosun.com/news/canada/2009/04/13/9095736-sun.html>

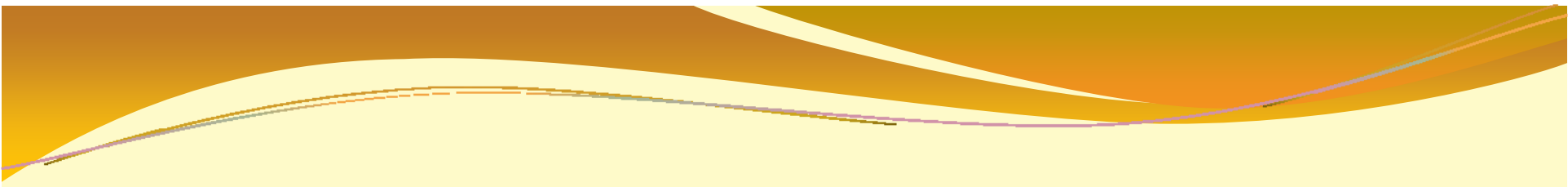
Municipal Legislation: Middlesex-London experience

2005

- April 5: International Artificial Tanning Symposium
- May 19: Board of Health requested a comprehensive plan for the introduction, implementation and enforcement of a proposed regulatory framework.
- Sept 21: Artificial Tanning Equipment Owner & Operator Forum
- 3 industry reps attended.
- November 17: Board of Health defers petitioning the City of London & County of Middlesex to consider a strategy for by-law implementation until after March 8 & 9 Conference.

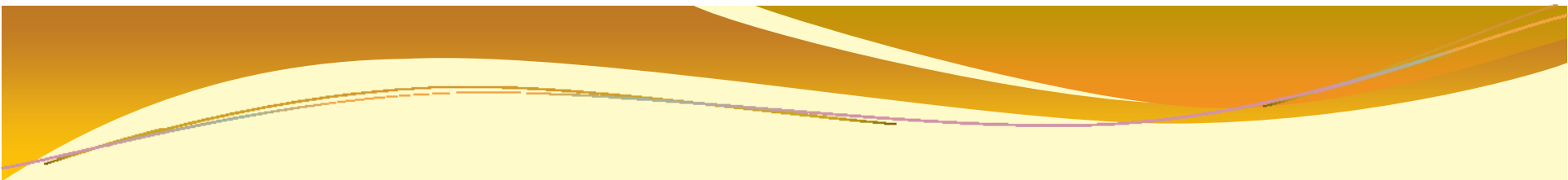
2006

- February 16: Board of Health directs staff to report recommended course of action to license establishments that operate AT for public use.
- May 25: CCS releases North American Conference on UV, Vitamin D and Health Key Messages.
- June 29: Board of Health passes resolution to endorse and support development of provincial legislation via Ontario Sun Safety Working Group – no further local investigation.

- 
- June 29: The MLHU called on the Minister of Health and Long Term Care to pass legislation regulating the artificial tanning industry in a manner consistent with criteria recommended by the World Health Organization.

2007

Southwest (Public Health) Skin Cancer Prevention Network received funding from the Southwest Prevention and Early Detection Network (SWPEDN) and Canadian Cancer Society for development & implementation of “*OverExposed: If You’re Tanned, You’re Toast*” education campaign targeting youth in 2007.



2008

- MLHU continues comprehensive programming with education & awareness efforts, building capacity & supportive environments for advocacy & policy activities in community.
- July 10: National Sun Survey Highlights Report reveals use of tanning equipment is more common among young women than among young men or older adults.
- October: CCS releases tanning facility findings & MLHU staff submitted Board Report requesting another petition to provincial government to regulate tanning industry.



2009

January 15: Call for provincial legislation of tanning industry
Board Report submitted & local MPP presented Bill 83

Board of Health passes resolution to:

1. Endorse the intent and purpose of private member's Bill 83 entitled "An Act to Help Prevent Skin Cancer" introduced by Mr. Khalil Ramal, MPP, London-Fanshawe; and further
2. Urge the Minister of Health Promotion to reintroduce the legislation as a government priority at the first opportunity; and further
3. Send MLHU AT plan to support provincial artificial tanning legislation to Mr. Khalil Ramal, MPP London-Fanshawe.

Middlesex-London/Southwest

- **“OverExposed? - If You’re Tanned, You’re Toast!”**
- Goal was to provide consistent artificial tanning health risk messages across the Southwest area targeting youth and young adult populations.
- 3-panel displays, a DVD titled “Teens and Tanning”, secondary school announcement scripts, a newsletter, a series of artificial tanning clips including YouTube clips such as “Miss Maryland 2006” (ACA), and magnetic photo frames.
- Sites included school health fairs, community resource centres, physician offices (dermatologists), youth centres, etc.

3 Panel Display

IF YOU'RE TANNED
Artificial tanning ...

YOU'RE TOAST

Is NOT safer than the sun.

Involves equipment that is NOT regulated by health officials.

can cause skin cancer which can spread and be fatal.

does NOT protect the skin from burning.

Interacts with certain medications, causing you to burn more easily (i.e. birth control pills, some acne products, tetracycline).

can cause serious damage to the eyes.

WARNING: Even a low session sunburn can increase your risk of getting skin cancer.

There's NO such thing as a safe tan!



Artificial Tanning

- » is NOT safer than the sun
- » DOES NOT prevent sunburns
- » CAUSES wrinkling, aging and skin cancers

AL•TAN•ATIVES



Try creams and sprays made of natural ingredients.

Try cosmetic "bronzers".

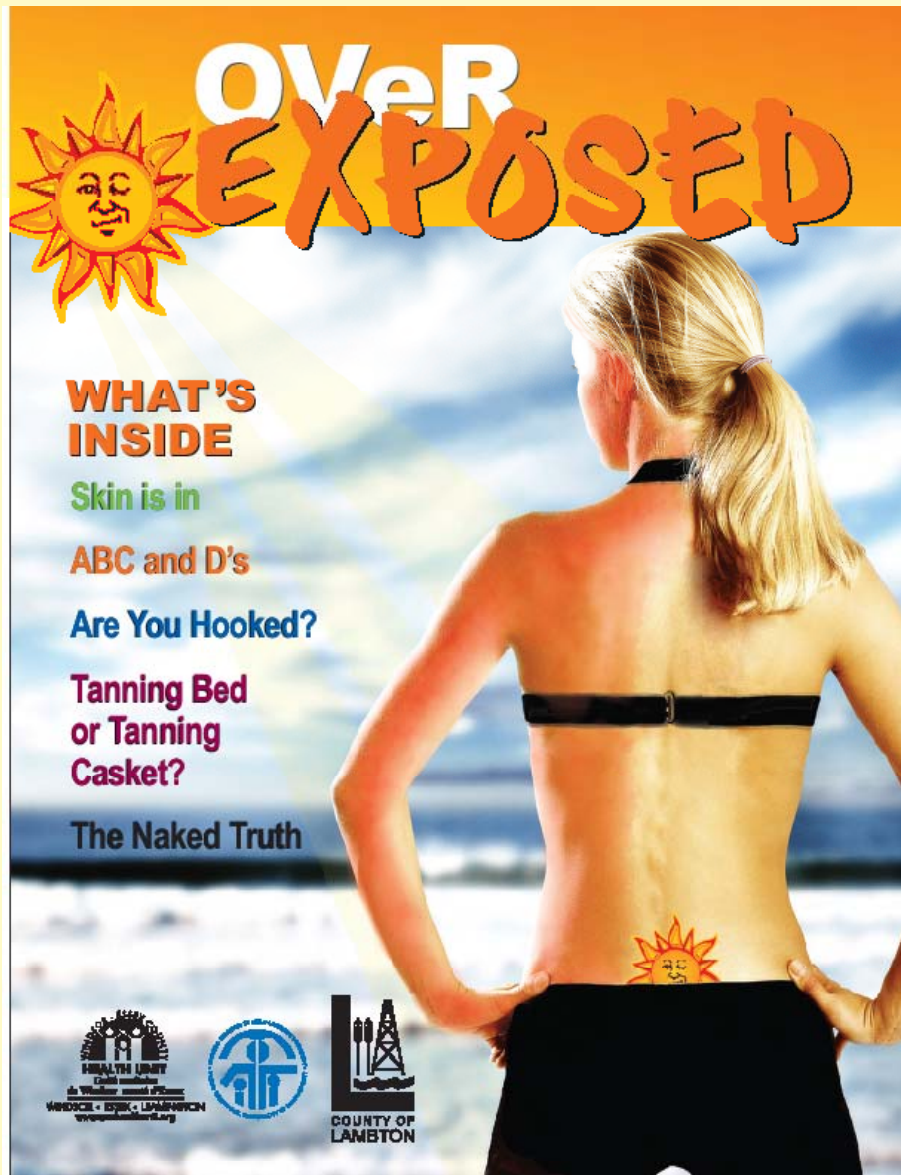


Try wearing colours that bring out your natural "glow".
Pinks, blues and greens look better than white.

Remember: Self tanners are not sunscreens and will not protect you from sun damage.



Magazine (12 pages)



OVER EXPOSED

WHAT'S INSIDE

Skin is in

ABC and D's

Are You Hooked?

Tanning Bed or Tanning Casket?

The Naked Truth

CHATHAM-KENT LIBRARY
Chatham-Kent
400-222-2222
www.chatham-kent.ca

COUNTY OF LAMBTON

Sun Safety Mag. Final Cancer Society Version.qxp 12/12/2006 3:49 PM Page 12

IF YOU'RE TANNED Tanned or Sunburned - it's Damaged Skin YOU'RE TOAST



Grey Bruce Health Unit
555 1st Avenue West
Owen Sound, ON N4K 4K5
Tel: 519-378-0420
Fax: 519-378-0042
www.publichealthgreybruce.on.ca



Oxford County Board of Health
410 Bulter Street
Woodstock, ON N4S 4P2
Tel: 519-533-0800
Fax: 519-533-6206
www.oxford.on.ca/publichealth



Huron County Health Unit
777228 London Road
Rt. 4, South, RR 5
Clinton, ON N0M 1L2
Tel: 519-482-3416
Fax: 519-482-7020
www.huroncounty.ca/healthunit



Perth District Health Unit
12 Dorena Street
Festival Square
Shawville, ON N5A 7K4
Tel: 519-271-1375
Fax: 519-271-1366
www.pdhu.on.ca



Elgin St. Thomas Health Unit
99 Edward Street
St. Thomas, ON N5P 1Y9
Tel: 519-871-5501
Fax: 519-871-5500
www.elginhealthunit.on.ca



Chatham-Kent Public Health Unit
435 Grand Avenue West
P.O. Box 1136
Chatham, ON N7M 5L8
Tel: 519-352-7270
Fax: 519-352-2166
www.chathamkent.ca



County of Lambton Community Health Services Department
160 Elmwood Street
Port Edward, ON NPT 7Z8
Tel: 519-363-8331
Fax: 519-363-7992
www.lambtonhealth.on.ca



Middlesex-London Health Unit
50 King Street
London, ON N6A 5L7
Tel: 519-863-6317
Fax: 519-863-6681
www.healthunit.on.ca

Funding also provided by: Canadian Cancer Society

Image printed with permission from Centre for Disease Control. Special thanks to all those who contributed to this publication.

Magnetic photo frame



April 18, 2007

Dear Principal:

UV Radiation has long been recognized as carcinogenic. Traditionally, the main source of UVR exposure has been the sun but artificial tanning equipment now represents an increasingly important source of exposure especially among adolescence and young adults. There is strong evidence that artificial tanning increases the risk of melanoma. Tanning beds can emit up to five times as much UV radiation as the sun.

The _____ Health Unit would like to increase awareness of artificial tanning by bringing the “OverExposed” campaign to your school. The campaign consists of:

1. Announcements

Five announcements have been developed for this campaign. We feel these would have the greatest impact if read for the five days prior to the display coming to the school.

2. Display

Manned by a Public Health Nurse over the lunch hour, this display will be interactive using a roulette wheel and will include music and giveaways.

3. Magazine

“Over-exposed” was developed by Public Health Nurses, has been focus tested and well received in other areas. We have large quantities; enough for each secondary student in your school.

4. Staff Material

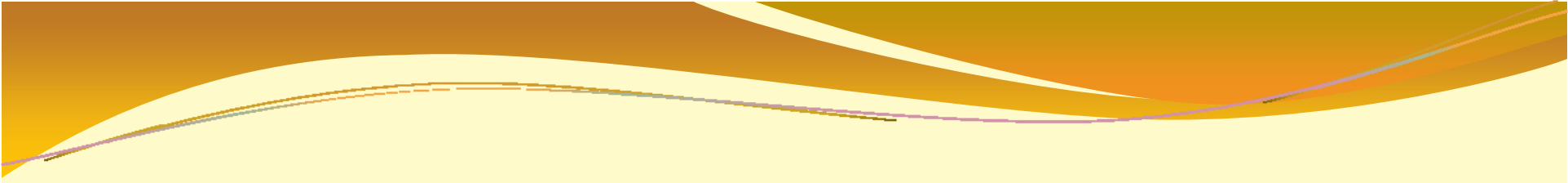
Background information and teaching resources would be available to staff via their mail boxes.

Enclosed are the announcements, magazine and staff materials for your approval. Please fill out the attached form if you are interested in this campaign.

Sincerely,

Public Health Nurse

Encl



Miss Maryland video

<http://www.youtube.com/watch?v=5cOePQrc3FM>

KFL&A Public Health: “No Tan is Worth Dying For” Campaign

Goal: To raise awareness of the issue and to support the CCS “Call to Action”

- Memorandum for Board of Health
- Radio campaign November – December 2008

Radio ad



Campaign January 2009 - June 2009

□ Components:

□ Post Cards



□ Letter of Support



February 2009

Hon. Margaret R. Best
Minister of Health Promotion
777 Bay Street, 18th Floor
Toronto, ON M7A 1S5

Dear Minister Best:

I support the Canadian Cancer Society's (Ontario Division), "Call to Action" for the Government of Ontario to:

- Ban the use of artificial tanning equipment by youth under the age of 18,
- Prohibit the marketing of artificial tanning targeting youth,
- Develop and maintain a registry of artificial tanning equipment in Ontario,
- Ensure all staff operating artificial tanning equipment are trained on operation procedures, maintenance and how to identify people at greater risk of developing cancer, particularly those with type I (fair) skin, and
- Require that signage be placed in clear view of each bed clearly outlining the health risks of artificial tanning.

Thank you for your support and consideration of this matter.

Name:

Address:

Organization:

Date:

Signature:



KINGSTON, FRONTENAC AND LENNOX & ADDINGTON PUBLIC HEALTH

Main Office

221 Devonshire Avenue, Kingston, Ontario K7M 1Y5
Tel: 613-549-1232 1-888-267-7875
Fax: 613-549-7806 www.kapublichealth.ca



Branch Offices

Chesley Tel: 613-336-8989 Fax: 613-336-8922
Shedden Lake Tel: 613-279-2151 Fax: 613-279-3497
Hagersville Tel: 613-394-5517 Fax: 613-394-6267

□ Brochure

There is no safe way to tan!

GOING SOUTH?

Remember these sun safety guidelines for maximum enjoyment on your vacation:

- The closer you are to the equator, the stronger the sun's rays.
- Check the UV index daily to better prepare yourself for outdoor activities.
- Limit sun exposure between 11 a.m. and 4 p.m.
- The typical UV index in the tropics is 10 to 12 (extreme hazard level, skin will burn in less than 10 minutes).

Healthy bodies come in a variety of weights, shapes, sizes, and colours. Feel good about yourself and your natural skin colour.

Artificial Tanning

LEARN THE FACTS BEFORE FRYING

INDOOR TANNING IS NOT A SAFE WAY TO TAN

WRINKLES, BLOTCHINESS AND SAGGING OF THE SKIN ARE ALL RESULTS OF UV EXPOSURE

No tan is worth dying for!

FOR MORE INFORMATION:

Canadian Cancer Society
www.cancer.ca
1-888-929-3333

Canadian Dermatology Association
www.dermatology.ca
1-800-267-DERM

Your health professional

Your local pharmacist

KPL&A Public Health
221 Portsmouth Ave.,
Kingston, Ontario
K7M 1V5
613-549-1232
or 1-800-267-7875
www.kfppublichealth.ca

KPL&A Public Health

January 2008

- Display
- Ballot Box



Rotated for one week:

- ☐ Hospitals
- ☐ Workplaces
- ☐ Public Health
- ☐ Schools (tagged on with our Naked Truth Campaign in secondary schools)



Physicians

- ☐ Postcards
- ☐ Posters
- ☐ Letter of support

Media:

- ☐ Radio interviews
- ☐ Letter to the Editor
- ☐ Newspaper Articles
- ☐ Newsletters

Teens and artificial tans: a deadly combination



Got pale-skinned teens bugging you for a visit to the tanning salon because they think some rays will brighten these dreary winter days? Or because they figure a “base” tan is needed before that family trip south at March Break?

- You might want to expose your child instead to some sobering statistics on the risks of sunbed tanning (see sidebar).
- They’re at the heart of a KFL&A Public Health campaign that will run until National Sun Awareness Week in May, which focuses this year on melanoma — the most common form of cancer in young people in Ontario between the ages of 15 and 34.

Melanoma is the most serious skin cancer on the block. There’s strong evidence that exposure to artificial tanning equipment increases the risk of getting the deadly disease, especially when that exposure begins during childhood and adolescence.

“Ultraviolet radiation, including that from sun beds, is recognized worldwide as something that causes skin cancer,” says Dr. Mike Brundage, a radiation oncologist at the Cancer Centre of Southeastern Ontario at Kingston General Hospital.

“We also know that exposure to UV radiation, particularly in childhood or teenage years, increases the risk of skin cancer, not just at an early age but also later in life.”

That’s why the KFL&A Public Health Unit is supporting the Canadian Cancer Society’s call for provincial legislation restricting teen access to tanning salons.

For the next several months, KFL&A Public Health will be in our hospitals, cancer centre, university and elsewhere to lobby for a ban on the use of artificial tanning equipment by youth under the age of 18. Every display will have campaign postcards ready to be signed and sent on to the provincial Minister of Health.

Hotel Dieu Hospital plastic surgeon Dr. Kim Meathrel sees hundreds of patients every year with skin cancer directly related to UV exposure.

“I find there’s a lot of misinformation out there regarding the concept of a ‘healthy base tan,’” she says.

“Many patients are under the impression that since tanning beds are legal they must not be harmful. However, I use the analogy to cigarettes — access to cigarettes is legal but there’s no doubt they cause cancer. However, access to cigarettes is restricted to adults.

“In the same way, there’s no doubt that tanning beds cause skin cancer and the same restrictions should apply.”

There’s no comprehensive legislation governing the operation of artificial tanning equipment in Canada, says Mary Jean Short, a public health nurse at KFL&A Public Health.

“It’s a big problem because tanning salons are everywhere, even near schools, and kids get mixed messages about so-called healthy tans,” she says. “There’s no such thing as a healthy tan, and there’s no turning back the dam-

age to young skin caused by artificial tanning.”

Health Canada actually does have safety guidelines for artificial tanning facilities, explains Short. However, they are voluntary and often not followed. Last year, the Canadian Cancer Society released a study showing artificial tanning facilities in Toronto were not adhering to the guidelines, including those related to protecting under-aged youth.

“There are kids all the way from Grade 7 to 12 using tanning salons in this province,” says Short. “They’re using equipment that has been labelled carcinogenic.”

The campaign against artificial tanning also calls for legislation that will prohibit the marketing of artificial tanning targeting youth and create a registry of artificial tanning equipment in Ontario. As well, it would require that signage outlining the health risks of artificial tanning be placed in clear view of all tanning beds.

“When the tan fades, the damage will still be there,” says Short. “The question your kids — and you — have to ask is whether a tan is worth it.”

Cancer specialist Brundage has a no-nonsense answer to that question.

“Simply put, it’s a risk not worth taking.”

Leading Care. Changing Lives. Together.

As the university hospitals of Kingston, Hotel Dieu Hospital, Kingston General Hospital and the Cancer Centre of Southeastern Ontario at KGH and Providence Care work together to provide highly specialized care to more than 500,000 people in our region. Each month, Hospital Healthbeat tells the stories of patients, caregivers and supporters.



April 2007

A newsletter for elementary school council representatives who are working to provide a healthy learning environment for the children of their schools.

Do you need information about items described in the newsletter? If so, call Janine Monahan at KFL&A Public Health 549-1232, ext. 151. Produced and published by KFL&A Public Health.

In the News ...

Recent data released by the Canadian Fitness and Lifestyle Research Institute (CFLRI) shows that 91 percent of Canadian children and youth are not meeting the guidelines set forth by Canada's Physical Activity Guides for Children and Youth. The guidelines state that children should be accumulating 90 minutes per day of moderate to vigorous physical activity in addition to incidental activities required for daily living. These findings support recommendations from Active Healthy Kids Canada's annual Report Card that calls for families to re-establish and increase unstructured physical activity and play as part of their lifestyle, for schools to establish quality daily health and physical education classes, and for children to exchange sedentary screen time with physical activity.

Order your health resources on line! Go to www.healthunit.on.ca, click on Services/Clubs, then School Health. Next click on Audio Visual Resource Package and view or download your own catalogue of videos, books, and kits. To book call the Raise a little health line, or e-mail resourcecentre@healthunit.on.ca



Public Health Matters School Council Bulletin

The dark side of tanning

A recent survey showed nearly 65 percent of students in grades 7 to 12 are tanning, proving that tanning is popular with many young people. Whether it's in the sun or the warm surroundings of a local tanning salon, experts continue to warn us of the harmful effects.

Know the facts:

- Exposure to ultraviolet radiation from either the sun or a tanning bed, can cause cancer as well as premature aging and wrinkling of the skin. It can also damage eyes and the immune system.
- A tan will not protect a person against skin cancer and offers only minimal protection against sunburn and other sun damage.
- Vitamin D can be obtained from a small amount of sun exposure or from some foods or vitamin supplements.

Over exposure and sunburns in childhood and adolescence increases the risk of developing melanoma, a serious and sometimes fatal form of skin cancer. Children require consistent protection from the sun as much of their lifetime exposure will happen before the age of 18.

Schools can help influence their student's attitudes towards tanning by not allowing for advertisement in their school newsletters, year books, or on student cards. By encouraging the use of these salons, we are promoting an unnecessary and potentially dangerous behavior.

For more information check out:
Canadian Dermatology Association
www.dermatology.ca
Canadian Cancer Society www.cancer.ca
World Health Organization www.who.int



Over...

Public Health Raising Healthy Kids ... a newsletter for parents

The dark side of tanning

A recent survey showed nearly 65 percent of students in grades 7 to 12 are tanning, proving that tanning is popular with many young people. Whether it's in the sun or the warm surroundings of a local tanning salon, experts continue to warn us of the harmful effects.

Know the facts:

- Exposure to ultraviolet radiation from either the sun or a tanning bed, can cause cancer as well as premature aging and wrinkling of the skin. It can also damage eyes and the immune system.
- A tan will not protect a person against skin cancer and offers only minimal protection against sunburn and other sun damage.
- Vitamin D can be obtained from a small amount of sun exposure or from some foods or vitamin supplements.

Over exposure and sunburns in childhood and adolescence increases the risk of developing melanoma, a serious and sometimes fatal form of skin cancer. Children require consistent protection from the sun as much of their lifetime exposure will happen before the age of 18.

Parents can influence their children's attitude towards tanning by being positive role models. Avoid the use of tanning salons and reinforce the importance of being happy with the skin you're in. If you or your child still desire the bronzed look, Health Canada recommends using tanning creams.

For more information check out:
• Canadian Dermatology Association
www.dermatology.ca
• Canadian Cancer Society www.cancer.ca
• World Health Organization www.who.int



GET WITH THE PROGRAM

All women who are, or have ever been, sexually active should be screened. After three annual negative Pap tests, screening should continue every two to three years.

KFL&A Public Health has Adult Pap clinics free for women.
Call for more information and an appointment 1-800-267-7875 or 413-549-1232, ext. 511

AND HAVE A PAP TEST!

www.healthunit.on.ca

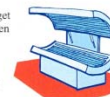


by School Educators. Volume 5, Number 2 Winter 2003



The DARK side of tanning beds

Going south for the holidays and think that you need to get a base tan before you go? Winter is a time when people often look to artificial tanning for a quick way to bring back that summer glow.



A misconception held by many teenagers is that tanning salons will provide a healthy alternative to natural tanning. With tanning businesses close to malls and high schools, it is convenient for students to access what they may consider a safe way to look good.

In fact, no tan is a safe tan. A tan is the skin's response to too much UV radiation and a sign of injury to the skin. The Canadian Cancer Society and the Canadian Dermatology Association both state that indoor tanning should be avoided due to the health risks. The Joint Committee on Exposure to Ultraviolet Rays and Artificial Tanning (Quebec) concluded that "there are no health benefits, only risks, with artificial tanning, particularly because of the clearly established mutagenic and carcinogenic properties of UVA and UVB rays" (1998).

According to the Canadian Dermatology Association, the UV radiation emitted from tanning beds is absorbed deep into the skin's layers. Tanning beds can emit up to two to three times more UVA radiation than natural sunlight. Damage from radiation often cannot be felt or seen and accumulates over time. All skin types can be damaged, but the fairer the skin, the higher the risk.

Just the facts! Artificial tanning:

- does not prevent the skin from burning (no tan can protect you from sunburn).
- can react with certain medications (i.e. birth control pills, some acne products, tetracycline), causing you to burn easily.
- can weaken your immune system leaving your body less able to fight off disease.
- can cause skin cancer that can spread and be fatal.
- promotes skin changes such as aging, wrinkling, leathering and sagging.
- involves equipment that is not regulated by health officials.

To borrow sun safety resources, call the "Raise a little health!" teacher resource line.

Our pick:

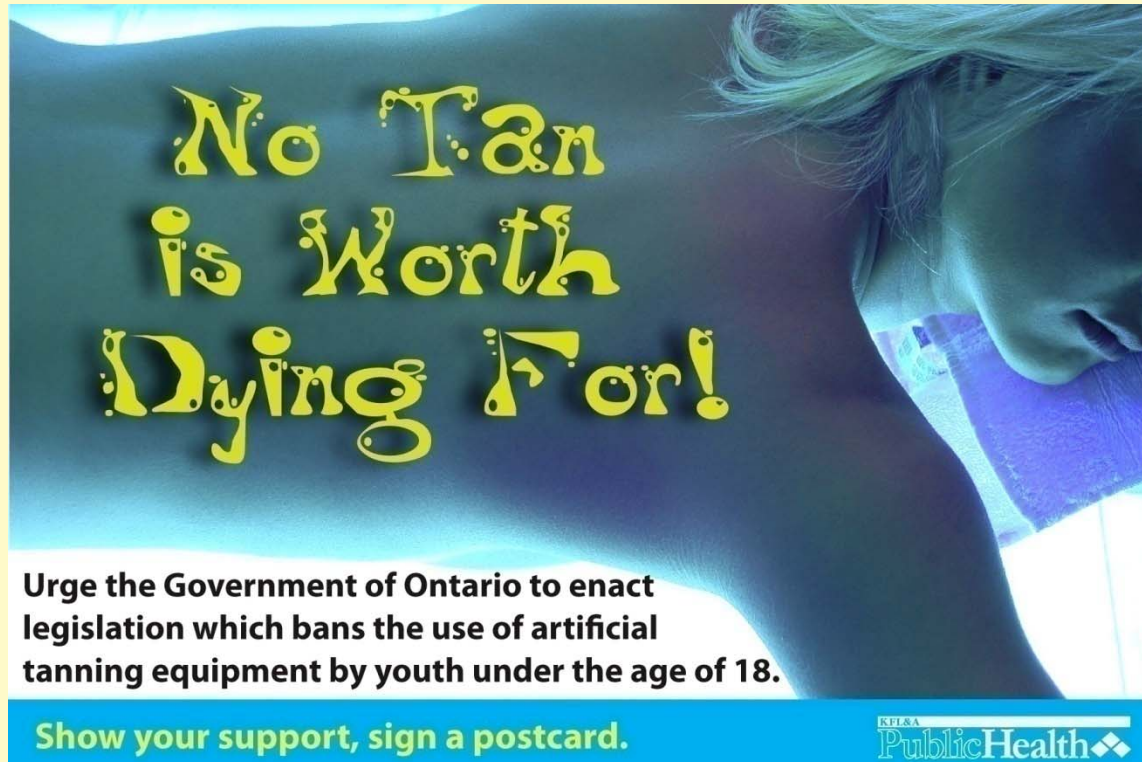
- **Sun safety: a growing health concern (V834).** This 1999 video can be used for both student and adult training sessions and examines the health risks and concerns of tanning. It provides tips on how to have fun in the sun without risk.

www.healthunit.on.ca

Over...

Goal:

- 1,000 postcards to be delivered to our local MPP for Sun Awareness Week



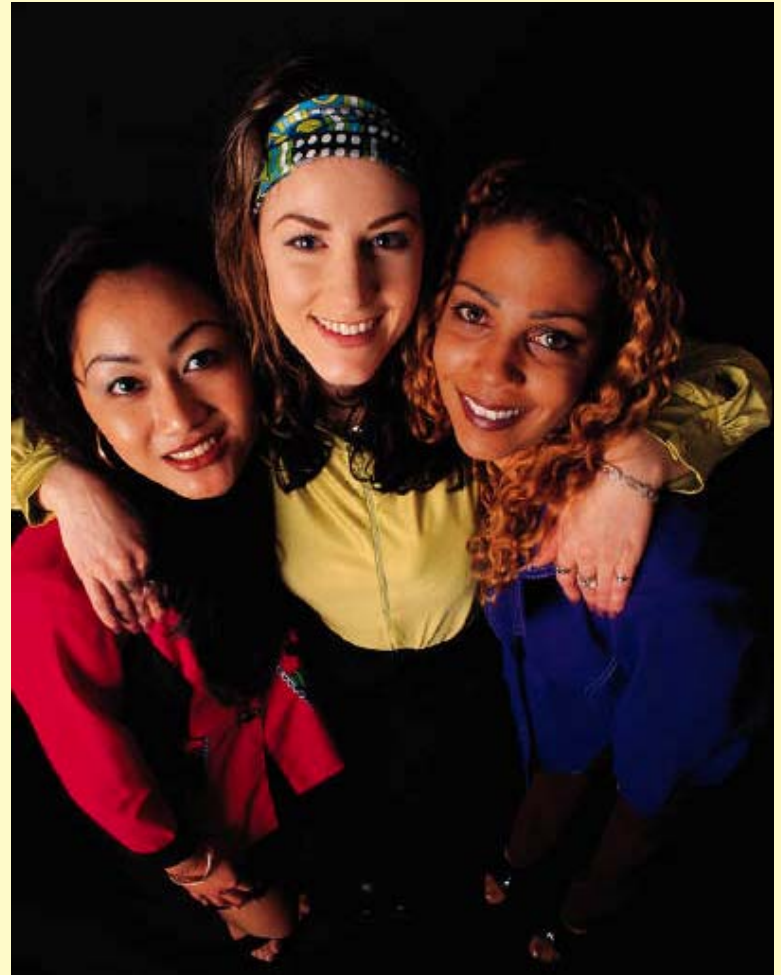
Next Steps

- Continue to raise awareness around the harmful effects of artificial tanning.
- Focus on advocacy efforts and strategies with all populations
- Continue to generate support for the “CCS Call to Action”
 - Support from local Boards of Health
 - More postcards/letters of support to MPPs, Minister Best and Premier McGuinty

What would SUCCESS look like?

less than 5%
of adults aged 18-34 using tanning
equipment
by the year 2020.

(Cancer Care Ontario 2020 Targets for Cancer Prevention)



Questions?

