

# the Truth about Tanning

Your natural skin color is great the way it is!

**Myth**

**"I have to get a tan to look good."**

Fine Lines and Wrinkles  
Cataracts  
Sagging Skin  
Brown Spots

**Truth**

**You should know your skin will pay a price!**

**Myth**

**"Only old people get cancer."**

**Young women are getting skin cancer more often. The risk is real!**

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

**Every time you tan, you increase your risk of melanoma.**

**Myth**

**"Having a good 'base tan' will protect my skin from the sun."**

**Truth**

**A tan is a sign of damaged skin.**

**Myth**

**"Tanning beds are a good way to get vitamin D."**

**Truth**

**Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.**

**You can get more than a tan from a tanning bed.**

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin



National Center for Chronic Disease Prevention and Health Promotion  
Division of Cancer Prevention and Control

