

**Testimony of  
Environment and Human Health, Inc.  
By Nancy Alderman, President.**

**Bill 872**

**TESTIMONY ON BILL AN ACT CONCERNING THE USE OF INDOOR TANNING DEVICES BY PEOPLE UNDER 18 YEARS OF AGE.PROTECTING MINORS FROM THE HEALTH RISKS ASSOCIATED WITH THE USE OF TANNING DEVICES.**

**Senator Gerratana, Representative Johnson and Members of the Public Health Committee:**

My name is Nancy Alderman. I am the President of Environment and Human Health, Inc., a Connecticut non-profit organization comprised of 11 members who are physicians and public health professionals.

**Environment and Human Health, Inc. is in strong support of Bill 872**

The science connecting tanning bed use to getting melanoma skin cancer is now irrefutable.

**The American Academy of Pediatrics** is asking that children under 18 be kept out of tanning salons, according to new guidelines from the American Academy of Pediatrics.

<http://www.medpagetoday.com/Pediatrics/GeneralPediatrics/25085>

**The American Academy of Dermatology**

The American Academy of Dermatology has declared the evidence of tanning beds and melanomas to be overwhelming and have asked that minors be restricted from tanning bed use. <http://skincancer.about.com/od/preventionandriskfactors/a/tanningsalons.htm>

**The American Cancer Society**

The American Cancer Society recommends that the use of tanning beds is dangerous to one's health, and should be avoided. Young women in particular are at the greatest risk of causing harm to themselves.

[http://www.cancer.org/docroot/NWS/content/NWS\\_1\\_1x\\_Tanning\\_Beds\\_Pose\\_Definite\\_Cancer\\_Risk\\_Agency\\_Says.asp](http://www.cancer.org/docroot/NWS/content/NWS_1_1x_Tanning_Beds_Pose_Definite_Cancer_Risk_Agency_Says.asp)

**The Lancet Oncology Medical Journal** reported that using tanning beds could increase the risk of developing skin cancer by 75 percent, particularly if used by children and young adults. **The risk of skin melanoma is increased by 75 percent when use of tanning devices starts before 30 years of age,"** said the report.

<http://www.independent.co.uk/life-style/health-and-families/health-news/sunbeds-raise-risk-of-skin-cancer-by-75-1764168.html>

### **The World Health Organization**

The World Health Organization has ranked tanning beds alongside cigarettes, arsenic and asbestos as posing the greatest threat of cancer to humans.

<http://www.webmd.com/skin-problems-and-treatments/news/20090728/who-tanning-beds-cause-cancer>

### **The Canadian Cancer Society**

And the Canadian Cancer Society has recommended that minors be prohibited from tanning bed use.

Eleven other states have Bills before their state legislatures that will ban minors from using tanning beds. They are: Arizona, Hawaii, Illinois, Indiana, Maryland, Nebraska, North Carolina, Oklahoma, Maine, Texas, and Washington State.

Vermont and California have already banned minors from using tanning beds.

### **Now to answer some of the tanning industry's assertions**

#### **Assertion 1**

In an interview by the Hartford Courant, Tom Kelleher, owner of 14 Tommy's Tanning Salons, said, "less than one percent of his customers are minors." "There's a huge misperception," he said. "People think: tanning, spring break." In reality, he said, tanning customers are older, and more likely to be men, than the stereotype would have it.

#### **Answer**

The tanning industry says that a very small portion of their business is from minors. If this is the case - then banning minors from using tanning beds should not have a large impact on their business.

#### **Assertion 2**

Sitting in the sun is just the same as using a tanning bed.

#### **Answer**

<http://www.cancerresearchuk.org/cancer-info/news/archive/pressrelease/2013-01-17-sunbeds-double-strength-mediterranean-sun>

A new study, led by Professor Harry Moseley, showed that the average skin cancer risk from sunbeds is more than double that of spending the same length of time in the Mediterranean midday summer sun - according to new research from the University of Dundee and published January 17, 2013 in the British Journal of Dermatology.

<http://www.cancer-treatment-tips.com/tanning-beds.html>

Tanning beds primarily emit UV-A radiation. In terms of biological activity, the UV-A irradiation intensity of large, powerful tanning units may be 10 to 15 times higher than that of the midday sun. This powerful exposure is not found in nature and is a new phenomenon in humans.

Contrary to what the manufacturers claim, the UVB light is actually the good light that helps your body produce Vitamin D. You can read more about how this UVB aids your body to produce Vitamin D Here. With good levels of Vitamin D in your body, you are actually reducing your risk of skin and other cancers.

Most Beds produces UVA light because that is what they want the UVA to do. It tans. It burns your skin and produces a skin-burnt tan.

If the beds produce only UVB, then you will not get a tan at all.

The UVA light that comes from these beds are more powerful than those UVA that comes from the sun. The atmospheric particles and clouds reduce the impact of the UVA that comes from the sun. But when you are directly under the tanning lamps, there are no obstructions between your body and the lamps. You received the full impact of what is coming to you. Any damage is magnified.

### **Assertion 3**

If teens are banned from tanning salons they will use sun lamps at home and they are not unregulated.

### **Answer**

Teens can roll their own cigarettes - that does not keep the state from banning tobacco sales to minors. Teens can get alcohol from older teens - but that does not keep the state from banning alcohol sales to minors.

### **Assertion 4**

It will affect jobs in a bad economy.

### **Answer**

The industry has said that minors are a small portion of their business. If we do not ban minors from using tanning salons - then many jobs will actually be created - but in the medical community where doctors will be caring for the melanoma patients and the taxpayers will be paying for the melanoma health care of these young people. Studies have shown that treating one case of melanoma can cost about \$170,000, and if newer drugs are added to the treatment, the total cost can go up as high as \$290,000. These costs are born in some measure by the State and the Federal Government as well as by private insurers.

[http://messages.finance.yahoo.com/Stocks\\_\(A\\_to\\_Z\)/Stocks\\_V/threadview?m=tm&bn=122445&tid=138&mid=138&tof=10&ft=2](http://messages.finance.yahoo.com/Stocks_(A_to_Z)/Stocks_V/threadview?m=tm&bn=122445&tid=138&mid=138&tof=10&ft=2)

### **Assertion 5**

Parents should choose what their children should do.

### **Answer**

Many parents are not aware of the dangers of tanning beds, as the education of tanning bed health risks have not been as publicized as the dangers of tobacco use.

### **Assertion 6**

Industry says that physicians sometimes prescribe tanning for patients to treat autoimmune skin diseases.

### **Answer**

Any Bill should have an exception for Doctor prescribed uses. However, contrary to popular belief, tanning beds are not an effective alternative to natural sunlight. The National Psoriasis Foundation does not support the use of tanning beds as a treatment option for psoriasis. This is because tanning beds in commercial salons emit mostly UVA light, not UVB. The beneficial effect for psoriasis is attributed primarily to UVB light.

Most Psoriasis organizations - the American Academy of Dermatology, the FDA and the Centers for Disease Control and Prevention and UK Psoriasis Association - all discourage the use of tanning beds and sun lamps for the treatment of Psoriasis. The ultraviolet radiation from these devices can damage the skin, cause premature aging and increase the risk of skin cancer.

### **Assertion 7**

The industry would like to voluntarily regulate itself.

### **Answer**

This has shown not to work as shown by a study by the US Congress that conducted a study of tanning salons in all 50 states, including Connecticut. The report is called, "*False and Misleading Health Information Provided to Teens by the Indoor Tanning Industry*," and can be found at <http://democrats.energycommerce.house.gov/sites/default/files/documents/Tanning%20Investigation%20Report%202.1.12>.

The Report showed that:

1. Nearly all salons denied the known risks from tanning. Ninety percent of salons said that the salons did not pose a health risk.

2. Nearly 80% said tanning salons would be beneficial for one's health.
3. Tanning salons failed to follow FDA recommendations for how often one could tan.
4. Salons used many tactics to downplay the health risks of indoor tanning and said that tanning salons were not causing the rise in skin cancer but rather it was the increased use of sunscreens.
- 5, Tanning salons were targeting girls in their advertising --- offering student discounts especially during prom, homecoming, and back-to-school times.

**With so many medical organizations asking that minors be restricted from tanning bed use - it becomes important for Connecticut to do what the medical community is asking for - ban minors from using tanning beds.**

Nancy Alderman, President  
Environment and Human Health, Inc.  
March 2013