



Position Statement

on

Indoor Tanning

(Approved by the Board of Directors October 1998;
Amended by the Board of Directors February 7, 2004;
Amended by the Board of Directors November 14, 2009;
Amended by the Board of Directors August 18, 2012;
Amended by the Board of Directors November 22, 2014)

The American Academy of Dermatology Association (AADA) opposes sunlamps and sunlamp products (“sunlamp products”), otherwise known as indoor tanning beds and booths, and supports prohibiting the sale and use of sunlamp products. The United States Department of Health and Human Services and the World Health Organization classify ultraviolet (UV) radiation from sunlamps as carcinogenic to humans. In addition, the Acting Surgeon General of the United States has elevated skin cancer to a national health priority. Use of sunlamp products represents a significant and avoidable risk factor for the development of both melanoma and non-melanoma skin cancers. Other adverse effects of sunlamp use include: burns, premature aging of the skin, infection, and exacerbation of certain serious light sensitive conditions including lupus. Recognizing these risks, the Federal Trade Commission (FTC) has prohibited the Indoor Tanning Association from making any false or misleading claims with regard to the relationship between the use of sunlamp products and the risk of skin cancer, as well as asserted health benefits of indoor tanning.

With the rising incidence of melanoma and non-melanoma skin cancer in the United States, as well as increasing usage of sunlamp products by the public, the AADA encourages and supports implementation of federal, state and local initiatives aimed at regulating the use of all sunlamp products. The AADA encourages appropriate funding and resources for the regulatory agencies responsible for enforcement of those regulations.

The AADA commends the FDA for reclassifying sunlamp products to allow for greater regulatory oversight due to the hazards associated with this device. The AADA urges the Food and Drug Administration (FDA) to take additional action that will prohibit the use of any sunlamp product by minors under the age of 18 years. Additionally, we encourage education of the public on the dangers of sunlamps by educational institutions, government, industry, public health and medical professionals.

Unless and until the FDA takes action to prohibit the sale and use of sunlamps products, the AADA supports the following requirements for all sunlamp products (for commercial and unsupervised use):

1. No minor under 18 years old should be permitted to use sunlamp products.
2. A Surgeon General's warning should be placed on all sunlamp products.
3. The warning label required of manufacturers for all sunlamp products should read, “Ultraviolet radiation is a known human carcinogen and can cause melanoma and non-melanoma skin cancers and lead to other nonreversible forms of damage to the skin.”
4. A warning sign listing known hazards, including the development of melanoma and non-melanoma skin cancer, must be placed in an accessible location next to the sunlamp product when used in indoor tanning and other similar facilities. Additional warning information should include FDA's recommended dose and frequency limits for usage of all sunlamp products.
5. Indoor tanning facilities should be required to provide each patron with a written warning describing the known hazards and consequences of exposure to Ultraviolet A and Ultraviolet B radiation (UVA and UVB) from sunlamp products, and patrons should be required to sign the warning statement before they can receive tanning services.

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6. All sunlamp products should be inspected regularly for defects as well as compliance with all performance standards by a local or state agency; written reports should be kept for each inspection.
7. Sunlamp product operators should receive comprehensive training to correctly operate the sunlamp products, recognize injury or overexposure to ultraviolet radiation, and implement emergency procedures in case of injury.
8. Sunlamp product operators should be required to provide sanitary, protective eyewear to each patron for use during tanning. Sunlamp products must be thoroughly sanitized after every use.
9. Sunlamp product operators should limit exposure time to the period recommended by the device manufacturer on the sunlamp product or in the device operating manual. This exposure schedule must be in compliance with all FDA regulations and performance standards.
10. No person or facility should advertise the use of any sunlamp devices as having positive health benefits, including use of phrases such as “safe,” “safe tanning,” “no harmful rays,” “no adverse effect,” or similar wording or concepts. In addition, advertisements touting benefits of vitamin D should contain a disclosure: “You do not need to become tan for your skin to make vitamin D. The safest way to obtain vitamin D is through diet and supplementation.¹ Exposure to ultraviolet radiation is a known risk factor in the development of melanoma and non-melanoma skin cancers and can cause serious eye injury.”

1 Ross AC, Manson JE, Abrams SA, Aloia JF, Brannon PM, Clinton SK, Durazo-Arvizu RA, Gallagher JC, Gallo RL, Jones G, Kovacs CS, Mayne ST, Rosen CJ, Shapses SA. The 2011 report on dietary reference intakes for calcium and vitamin D from the Institute of Medicine: what clinicians need to know. *J Clin Endocrinol Metab.* 2011 Jan;96(1):53-8.

This Position Statement is provided for educational and informational purposes only. It is intended to offer physicians guiding principles and policies regarding the practice of dermatology. This Position Statement is not intended to establish a legal or medical standard of care. Physicians should use their personal and professional judgment in interpreting these guidelines and applying them to the particular circumstances of their individual practice arrangements.